Chichester Herald

Friday 20th July 2012
YOUR FREE WEEKLY NEWSPAPER

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City's historic moment

>> *Despite the rain, tens of thousands of people pack Chichester*

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

THOUSANDS of people lined the streets when the Olympic Torch travelled through the Chichester District on Monday (16 July) in what was an historic moment for the city and its people.

People, young and old, came out to cheer on the Torch, which travelled through Midhurst, Petworth, Arundel, Bognor Regis and Chichester, despite the rain.

A total of 15 torchbearers took part in the Chichester relay. The route was split into two parts, with the first ending at Chichester Festival Theatre at 12.15pm. After a lunch time stop, the route started just before 1pm, heading down North Street, along East Street and finishing up at the Sainsbury's store in Westhampnett before heading off to Bognor Regis.

In Chichester, about 200 children aged 8-12 took part in a mini-Olympics, which is an Inspire marked project, and participated in various sporting activities during the morning in Oaklands Park.

"Literally thousands of people across the district braved the weather to show their support"

Another 2,350 children, plus torchbearers, Morris dancers, Chichester Festival Youth Theatre members, and the Olympic Mascots, Wenlock and Mandeville, then joined in as the Olympic torch relay took its lunchtime stop in Oaklands Park. Members of Chichester Festival Youth Theatre's Street Art company...

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AMBERLEY
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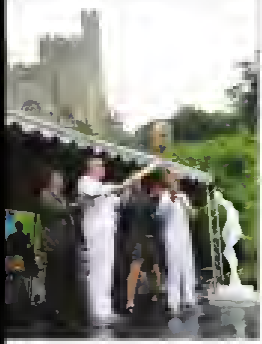

The Olympic spirit of participation
achievement and endeavour

At least one member of the crowd
remembered the last time the Olympic
torch came to Britain In 1948 Henry
Carver was involved in carrying the Torch
when it took a far more direct route, and he
enjoyed witnessing it passing through his
home town of Arundel yesterday A Royal
Navy veteran Mr Carver was serving on
HMS Whitesands Bay which carried the
flame from Corfu to the Italian mainland
in 1948

yourgolftravel
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He is an artful plain clothes politician

Tommy Boyd

A27

Our main artery is now well policed by squad cars and those plain clothes cars You see more and more motorists pulled over by blue saloon cars with discreet bars of winking lights It's a good move Drivers always improve their motoring when a police car appears, then revert to bad habits when it's gone

POLICE CAR EFFECT

I once witnessed a late night hit and-run and saw the two Perps run away from the crash I was asked to sit in the front seat of a squad car which cruised around West London with me on the lookout for the young man It was hilarious watching cars suddenly drop their speed by 50% and behave like they were taking their test I asked the officer if this is always how people behave when there's a police car and he replied "All day long But it doesn t fool us We know how people really drive, because we have to go on a supermarket run as civilians so we know what goes on

PLAIN CLOTHES POLICE

Back in the police station I was asked to wait and give a statement and the only available room was a cell I waited for a bit and then a couple of young blokes in T shirts and jeans were shown in by the desk sergeant. I recognised them as dodgy types I d often seen in the local wine bar I wondered what they were in for One pulled out a biro and a sheet of paper "Tom Boyd Isn t it?" he asked "Address?" Turned out they were plain clothes detectives whose job was to mingle and keep an ear out for what was going on They took my statement, and then said endearingly "Can this just be our little secret? See you down the pub soon Our round " Brilliant!

ANDREW TYRIE

Our MP is actually a bit fantastic He appears to be the only politician in Britain who gets this economic crisis. He holds the powerful role of Chairman of the Treasury Select Committee and despite being a loyal Tory he clearly cannot be bought by the government and remains outspoken and independent, while simultaneously staying below the media radar He is an artful plain clothes politician

ANDY MURRAY

We should be proud of this emotional man child and his devoted mum they are all that is best about Ita God what mums go through hoping their children will be happy God what children go through trying to live up to their parents hopes for them

OLYMPIC TORCH

I had to see it 3 times, as I was in Chichester Arundel, and then Worthing So many people, getting a buzz about something that happened to pass by their door A friend has just cycled from Land's end to John O Groats, simply because he wanted to That's more like it BTW he says the French will find a way to knobble Bradley Wiggins from winning the Tour de France

JOKE

So this man was so lazy he poured Guinness on his lawn because he thought it would come up half cut.

CONTACT TOMMY AT TOMMY.BOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@sallyGunnell
"Very excited to finally get the chance to carry #olympictorch tomorrow at 2 44 near Bognor Regis"

@GoldenEns
"@GermaineMalcolm you didn t miss much Was more of a state circus than an inspirational event #olympictorch #Olympics #Chichester"

@Vix_a_lage
"Been up and down to Brighton so often these last few weeks I now have a favourite roundabout in Chichester #sad"

@ChichesterT
"If you like your takeaways follow @ AndysFish he sells the nicest fish and chips in #Chichester"

@Pearcesport
"In 7 years to London 2012 today biggest for me personally Off to Chichester to see my mum who's been nominated to carry torch #soproud"

Follow us: @chiherald

Chichester HERALD
FREE EVERY FRIDAY

Chichester Herald [illegible] available for self-selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **45,000.**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Asda, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Health & Wellbeing, Chichester newsagents, One Stop, Chichester College plus nearly 200 newspaper stands in the area Chichester Herald is also in all coffee shops We also distribute at local care newspaper to the majority of businesses in your area including resident estates and the outskirts of the city

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Alsiford, Arundel, Barnham, Bersham, Bosham, Breadstone, Chichester, Chilworth, Goodwood, Midhurst, Nyetimber, Pagham, Rose Green and East & West Wittering

Contact us

Informetice
nto@ch chesterherald co uk

Managing Editor:
Dean Adams *(Managing Editor)*
dean adams@chichesterherald co.uk

Sub Editor:
Megan Hedges *(Sub-Editor)*
megan.hedges@chichesterherald co uk

News, sport & entertainment:
news@chichesterherald co uk

Advertising:
advertising@chichesterherald co uk
Hannah Rason *(Advertising Manager)*
Hannah rason@chichesterherald co.uk

Accounts:
Mark Ansell *(Finance Director)*
accounts@ch chesterherald co uk

Photographer: Ginny Manning
phr to@chic ste herald co uk

Telephone:
01243 200999

Head office:
Suite W1 [illegible] Hornet, Chichester, West Sussex, P 19 7BB

www.chichesterherald.co.uk

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It really does work the testimonials Furniture & Mirror based in Terminus Road say "Whilst a couple were having a coffee in Ella they picked up a Chichester Herald from the stand in the café They were in Chichester looking for furniture Having seen our advert they came around to the showrooms and having been impressed with the quality and prices they ordered a large selection of goods from us!

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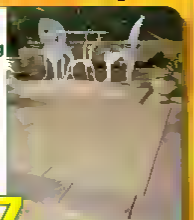

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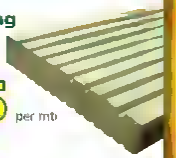

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Station Yard **Bognor Regis**
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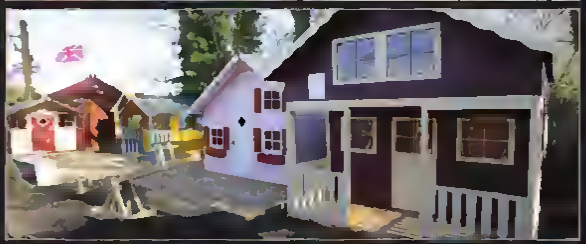

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HOMES AND GARDENS

University of Chichester plays its part in Olympic Torch Relay

The UNIVERSITY of Chichester played a central role during the Bognor Regis leg of the Olympic Torch Relay, playing host to the torchbearers before their moment in the spotlight.

The 20 torchbearers, including Olympic gold medallist Sally Gunnell, used the University's Bognor Regis Campus as a base on Monday 16 July, where they were briefed before heading out for their leg of the relay.

Vice-Chancellor Professor Clive Behagg said: "As a University with a strong sporting heritage and an integral part of our community, we worked with LOCOG (London Organising Committee for the Olympic and Paralympic Games) and local authorities to assist with the Torch Relay.

"It was an honour to be chosen by LOCOG to take part in this way, and a pleasure to meet with some of the torchbearers, who are all inspiring people in their own ways."

The torch relay is one of the many ways the University of Chichester is involved with the Games this summer. Its academics have helped to prepare athletes who will be competing for Team GB in a number of sports, and students will be taking part in the opening and closing ceremonies.

Arundel arson investigated as hate crime

DETECTIVES are investigating a hate crime incident which took place at the Arundel Park Hotel on Saturday afternoon (14 July).

Police were called at 5.40pm by a member of the public reporting that the entrance to the hotel, in The Causeway, Arundel, was on fire. Shortly afterwards, a hotel guest discovered a blanket that had racist language written on it.

West Sussex Fire & Rescue Service also attended the scene and initial investigations revealed that an accelerant had been used to start the blaze. The incident is being investigated as racially aggravated arson with intent.

A police spokesperson said: "We are linking the arson with the discovery in the car park of the blanket, and this is being treated as a hate crime because of the racist language that was used.

"Crime of any kind is unacceptable but to target someone because of prejudice or hate is intolerable. Sussex Police is committed to bringing those responsible for hate crimes to justice.

"Fortunately no-one was injured as a result of the arson but this could have been far more serious if it hadn't been spotted quickly and extinguished.

"We are offering on-going support to those who work at the hotel and our investigation into the circumstances leading up to the arson is on-going. We would like to hear from anyone who saw anything suspicious in the area at the time and ask them to contact us on 101, quoting serial 1340 of 14 July. Alternatively, call the independent charity Crimestoppers anonymously on 0800 555111."

- SOUTH Chichester County Local Committee has awarded more than £9,000 to five local community projects.

The funding includes £2,500 given to Chichester Bowmen, a target archery club based in the city.

Grants have been agreed for:

- The Chichester Society - £400 for commissioning a restorative survey for murals by a specialist company.
- Sidlesham Parish Council - £554 for a Jubilee village sign.
- Cancerwise - £2,301 towards itemised equipment costs and fundraising materials.
- Chichester Bowmen - £2,500 towards archery equipment and a pop-up gazebo.
- Levant Community Shop - £3,240 towards itemised early-stage costs for the community shop project.

Committee Chairman Mike Hall said: "Over the years, we have been delighted to be able to help many local projects through using the Community Initiative Fund."

South Chichester County Local Committee has more than £13,000 remaining in its Community Initiative Fund to allocate to local projects during the 2012/13 financial year.

Westgate Leisure
Westgate Leisure Chichester
Open Day
Help us celebrate our 25th birthday by coming along to a free open day on Sunday July 22 2012
From 9am -5pm the Centre will be open and offering
• Free swimming, inflatable swim, snorkelling, aqua tots & waterWalkerz sessions
• Free racket sports, giant inflatable,trampolining, rebound therapy, mini olympics, rugby and football sessions
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www.westgateleisure.co.uk or call 01243 785652
Chichester District's BIG month July 2012

County Council to consult on Fire Service budget plans

THE PUBLIC consultation is underway on a £2.5m cost-saving plan by West Sussex Fire & Rescue Service. Proposals include reductions in support staff and managers and changes to some response arrangements but there are no plans to close any fire stations.

The savings are part of West Sussex County Council's plans to reduce its costs by £79m.

The Fire & Rescue Service had proposed to make the savings through a merger with East Sussex but those plans had to be dropped due to uncertainties over funding. The two Services will however merge their control rooms in a move that will save an estimated £050k per year, and the new Sussex Control Centre is due to go live in September 2013.

Deputy County Fire Officer Sean Ruth says the budget plan would mean changes for staff but the aim of the proposals had to be on maintaining essential services to the public.

"To make the level of savings required it will inevitably mean a reduction in posts, but I believe the areas we have identified for change mean we will still be able to deliver the right balance of community safety and emergency response services to people in West Sussex.

"It is also important our performance standards match risks in the county, so when you dial 999 in West Sussex a fire engine will still arrive within our agreed attendance times as it does now.

"Our plan is not just about cost-cutting. We want to reinvest resources in areas where it will improve our overall performance, and we will also seek ways to attract new sources of income. Sponsorship, for example, could be used to support safety campaigns and initiatives."

The consultation will run for 10 weeks from July 12 to September 21.

The consultation document, and all the supporting information plus an online questionnaire can be viewed on the County Council website www.westsussex.gov.uk/fire.

Chichester residents will have their say on proposal for 20mph speed limit in city

RESIDENTS of Chichester have the chance to influence a decision on whether a 20mph speed limit should be introduced in residential streets across the city.

West Sussex County Council has agreed to consider a proposal, put forward by campaign group '20's Plenty for Chichester', to reduce the speed limit from 30mph to 20mph.

The proposal includes all residential roads where a 20mph limit does not already exist. Most A and B roads will remain at 30mph.

The County Council wishes to get the views of the wider community before making any decision and has launched a public consultation.

Residents who want to have a say must do so before the deadline of September 24, when the public consultation ends.

Residents in Chichester will be sent a letter next month with a response form attached.

It will be accompanied by a map of the streets included in the proposal and a list of answers to frequently asked questions.

You can give your views in a number of ways:

- Online at www.west.sussex.gov.uk/20mph;
- By e-mailing your views to chichester.20mph@westsussex.gov.uk;
- By using a touch screen kiosk or hand posting your form between September 3 and September 24 at County Hall reception, West Street, Chichester, Chichester District Council reception, East Pallant, Chichester, Westgate Leisure Centre, Via Ravenna, Chichester, Chichester City Council, North Street, Chichester, Chichester Library reception, Tower Street, Chichester
- In writing to the TRO Team, Northleigh, County Hall, Chichester, PO19 1QT.

Once the public consultation has ended a report will be prepared ahead of the South Chichester County Local Committee meeting on November 6.

A decision will be made in public at that meeting.

- ARUNDEL library in West Sussex is closing for short periods this month to undergo essential updates and prepare for new self service machines.

The improvements will modernise the branches' IT and electrical systems so that touch-screen terminals can be installed later this summer.

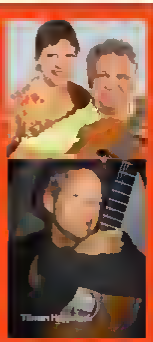
Arundel Library – which will shut at 4pm on Saturday July 14 and reopen at 9am on Monday July 23.

Lionel Barnard, County Council Deputy Leader who oversees the Library Service, said, "These remedial works will ensure branches are kept up-to-date while continuing to provide a comfortable atmosphere for their readers."

WEST DEAN EVENTS

The International Classical Guitar Festival

11–15 August 2012



Top guitarists from around the world will be heading to West Dean this summer for the International Classical Guitar Festival

Special offer
Season ticket (entry for all four concerts and Open Day) £50

Gary Ryan

2012 CONCERTS

SATURDAY 11 AUGUST
Concert by Tilman Hoppstock
St Andrew's Church
West Dean, 8pm £15

SUNDAY 12 AUGUST
Guitar Open Day
St Andrew's Church and The Old Library,
West Dean College,
12noon – 7pm £10

MONDAY 13 AUGUST
Concert by Pavel Steidl
St Andrew's Church
West Dean, 8pm £12

TUESDAY 14 AUGUST
Concert by Gary Ryan
St Andrew's Church,
West Dean, 8pm £12

WEDNESDAY 15 AUGUST
Concert by Duo Montes-Kircher
Auditorium,
use the West Dean Gardens' entrance,
8pm £12

To book tickets call 01243 818814 email bookingsoffice@westdean.org.uk or visit **www.westdean.org.uk** West Dean, Chichester, West Sussex, PO18 0QZ

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- Treated
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- Framed & Braced floor

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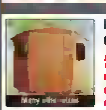
- Treated
- 45mm x 34mm Framework
- Glass windows

Framed & Braced floor • Lock & Key • Nail T&G timber roof & floor • Choice of door position • Free local delivery • Erection £60



RUTLAND Corner 7'x7'
£602
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- Treated
- 45mm x 34mm

Framework • Glass Windows • Framed & Braced door • Lock & Key • Real T&G Timber Floor & Roof • Free Local Delivery • Erection £70

DUAL 8'x8'
£879
- 12mm T&G Shiplap
- Treated
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£889 10'x8'
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- Hasp & Staple

Glass window • Free Local Delivery • Erection £55

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- Double Doors

Free local delivery • Erection £95

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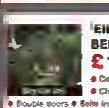
'Elite' HIGH EAVE 8'x6'
£490
- Extra 11" Headroom
- Horticultural glass

Alkyl finish • Colour option • Integral beam • 2 roof vents • Full sheet toughened glass add £140 • Full Range of options & accessories • Free Local Delivery • Erection Service

Lincoln 7x7
From **£1045**
- 12mm T&G
- Treated
- 45 x 35mm frame
- Double Doors

Free Local Delivery • Erection £120



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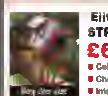

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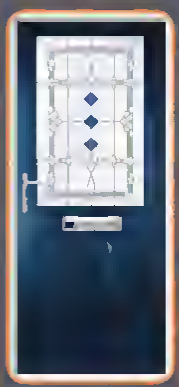

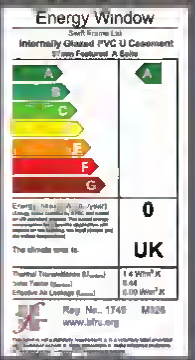

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Hundreds visit The Novium on its first day

HUNDREDS of people visited The Novium, Chichester's eagerly-awaited new museum, on its opening day

An estimated 400 people passed through the doors, keen to see inside the museum on Sunday (8 July)

Councillor Myles Cullen, Chichester District Council's Cabinet Member for Economy, Property, and Tourism, says: "We had a fantastic time launching the museum over the weekend and we were delighted to see so many people on Sunday. We are sure The Novium will be enjoyed not just by local people and schools but also visitors from far and wide, and will give a major boost to the local economy."

Time Team archaeologist Phil Harding was the VIP at a special preview with golden ticket winners on Saturday (7 July). Forty golden tickets were given away allowing up to four people entrance to the museum. One winner, Yanna Whitehead, from Nutbourne, said: "The Novium should prove a hit with encouraging young people to engage with history. The ground floor gallery is stunning the sight of the Roman baths viewed from outside should draw people into the museum." Another winner, Rebecca Pay, from Midhurst, who came with her son Riley, said: "I think it is brilliant. I would definitely come again. My little boy has found it really interesting, especially as it is so interactive. I liked the old beauty things and the boys loved the stereoscopes."

Her friend, Becky Chutor, with son Cameron, agreed. She said: "It's brilliant for children. They can touch and feel things – and it's so spacious. Cameron loved the puzzle."

One of Britain's best known authors, Kate Mosse - officially launched the museum last Wednesday night at a VIP preview. In her speech, she said: "It is a great honour to have been asked to come here and open the new museum. I am a true Cicestrian, born and bred. Almost everything I've done, as a writer, as someone involved in the arts, is because I grew up here."

The Novium tells the story of the Chichester District over the past 500,000 years. The centrepiece of the museum, are the remains of Chichester's Roman bath house. This has been uncovered for the public to see for the first time and dominates the ground floor of the museum. Since the baths were first excavated in the 1970s they have lain preserved under a car park, until the museum could be purposely built over the top.

The museum service has about 150,000 artefacts, both on display, and in store. Among the many other fascinating exhibits include the Chilgrove Mosaic and the Jupiter Stone, a portion of Roman sculpture base dated between the late first and early third century AD.

Time Team archaeologist Phil Harding [illegible] the Roman bath house remains at The Novium in Chichester

Many of the items have never been on display to the public before. The building is very modern and spacious and the second floor reveals breath taking views of Chichester Cathedral. The Novium building was designed by the award winning Keith Williams Architects, whose projects include the Wexford Opera House in Ireland and the Unicorn Theatre in London.

Galleries look at continuity and change across places in the district and influences from different people, as well as to wider technological and social developments. The museum also contains a shop with a wide range of local and unique gifts, souvenirs, books, and the city's Tourist Information Centre.

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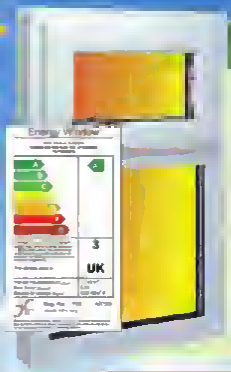

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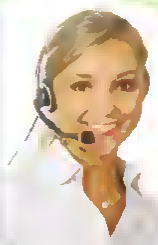

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Schoolchildren design anti-dog fouling posters to clean up Selsey

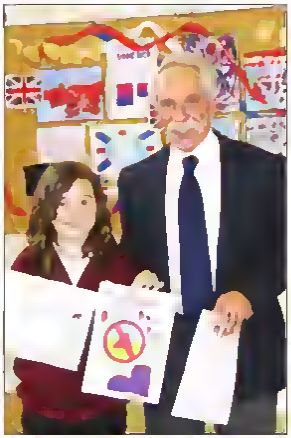
SCHOOLCHILDREN in Selsey have been taking action on dog fouling by designing their own signs to highlight the problem in their community.

Year 6 pupils from Seal Primary Academy's Eagle Eyes Club and Medmerry Primary School pupils have been working with Chichester District Council's Dog Control Officers and Selsey Town Council to produce colourful signs to tackle the problem of dog fouling.

Two designs have been chosen to be turned into street signs. The winners were Sophie Sargeant from Seal Primary Academy and Jasoune Strange from Medmerry Primary School.

The signs will go up in Selsey over the school summer holidays.

Councillor John Connor, Chichester District Council's Cabinet Member for Environment, says: "The children came up with some wonderful designs to highlight an anti-social behaviour. Dog fouling is a very unpleasant problem but with the children's help I hope these signs will raise awareness of the issue and persuade those responsible to clean up after their dogs."



Left: [illegible] Right: Jasoune [illegible] Medmerry Primary [illegible] Mayor of Selsey [illegible]

Dog Warden Viv Magrath recently visited the schools to reveal that Sophie and Jasmine's winning designs would be turned into colourful posters.

She says: "The council often receives complaints from children and parents about dog mess in parks where children want to play. By involving those in the community who are affected the council hopes it will send a message to irresponsible dog owners."

Gill Jennings, Town Clerk at Selsey Town Council, says: "When the Dog Warden, Viv, came up with the idea of running a poster competition with the local schools and for the winner to have their poster made into a street sign, the Town Council thought it was a great idea and hopes that the children's signs can help alleviate what is not only socially unacceptable behaviour but can also be dangerous to children."

Coming into contact with dog faeces can cause 'toxocariasis' which can lead to serious illness and even blindness. Children are particularly vulnerable to this.

Failing to clear up after your pet is a criminal offence and those found to be responsible could face an on-the-spot fine of £75.

To report problems with dog fouling or provide details of offenders please call 01243 534734 or out of hours on 01243 785166.

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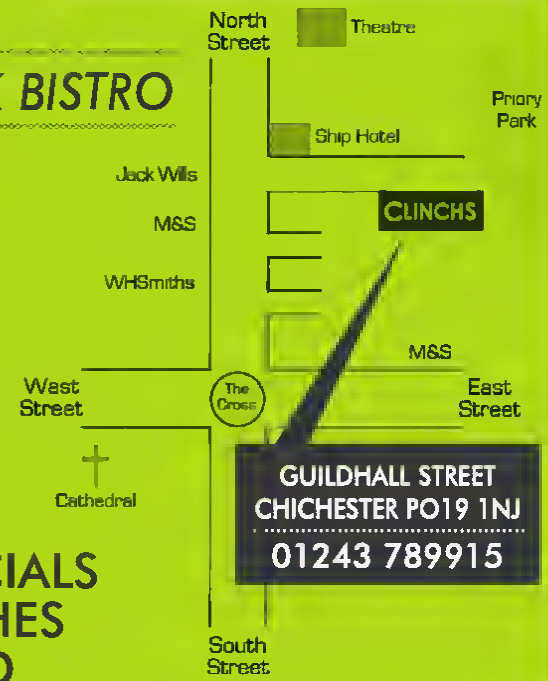

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Going wild with Ed

Ed Rowsell

Welcome to Chichester Harbour Area of Outstanding Natural Beauty The harbour is a great place to get close to nature Each month Ed Rowsell, Conservation Officer for Chichester Harbour Conservancy gives a brief update on what you should be looking for as you explore the harbour by land or boat

• Birds

Look out for juvenile birds from a number of species including Starling, House Sparrow, Mallard and Coot, some of them can be hard to identify Adult ducks are also tricky to identify at this time of year Whilst moulting they go in to what is known as eclipse plumage, drake Mallards will have lost their bright green head colour and look similar to the females, but can be separated by the males olive bill

• Mammals

Most species of bat pups are born into communal maternity roosts. Bats, almost exclusively, only have a single pup Toward the end of July young bats will start to fly, this is when the maternity roosts are most evident.

• Invertebrates

Moths have continued to be active. Recent observations are of Buff Tip, perfectly camouflaged to look like a birch twig and the spectacular Swallow-tailed. Also look for the Cream-spot Tiger Moths and Elephant and Poplar Hawkmoths, and the day-flying 6-spot Burnet, with its bright red spotted forewing and red underwing

• Reptiles and amphibians

The changeable weather has slowed our reptiles down a bit There have been regular sightings of Grass Snakes on a number of sites, including one in a compost bin which was probably a female laying eggs The heat produced by the compost incubates the eggs, which will hatch in September S reeding female Slow-worms will still be carrying their young, the gravid (pregnant) females will be showing a pronounced bulge

• Plants

It seems to be a good year for our rare arable flora These are plants that formerly grew alongside farmer's crops, since the advent of herbicides and nitrogen fertilisers they have declined and now only survive on specially managed strips. The critically endangered Grass Poly and Nationally Scarce Shepherds Needle are both flowering in large numbers, on plots specially managed by farmers for their conservation

•Sightings

Please report any interesting sightings to the Harbour Office, particularly of breeding birds, orchids and water voles

Sporting enthusiasts wanted for online psychologist experiment

SPORTS enthusiasts can put themselves in the shoes of a judo competitor preparing for the London 2012 Games as part of An experiment developed by a sports psychologist from the University of Chichester

The online experiment developed by Dr Iain Greenlees aims to assess how people form impressions of opponents in sporting scenarios, something that all athletes competing this summer will be doing on their journey to Olympic and Paralympic success

Participants will be shown a series of video clips of a pre-bout scene in judo which show another player preparing to compete against them Participants are then asked to provide impressions of their opponents.

Iain worked with Dr Marc Jones from the University of Staffordshire and Professor David Lavallee from Stirling University in the project, funded by the British Psychological Society

He said "We hope that our results will give us an insight into how we form impressions of sporting opponents and the types of information that we use when we judge an opponent On the basis of such results, we hope to be able to develop non-verbal communication training programmes so that athletes can enhance the impression that others form of them "

To take part in the experiment, go to http://www.bps.org.uk/online-experiment

Battle of the bells

TOWN Crier Richard Flowman got Chichester Harbour Rotary Club's meeting off to a rousing start when he visited them last week. Richard spoke about the history of this historic post, both in the city and, more generally, from biblical times onwards

Seen here, he put the bell with which the club starts its meetings wielded here by President David Hilditch - to shame

Town Crier Richard Flowman [illegible] Rotary Club

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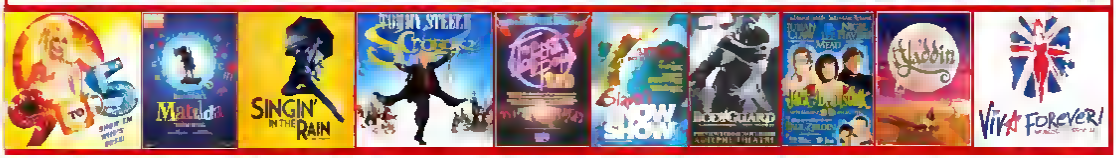
30 Aug LET'S DO LUNCH WITH GINO & MEL Southbank Studios
06 Sep CABARET starring WILL YOUNG The Mayflower Theatre
08 Sep BBC PROMS IN THE PARK with Kylie Minogue, Il Divo & Allie Bae
19 Sep LES MISERABLES - Queens Theatre
20 Sep SOUL SISTER - Savoy Theatre
04 Oct 42nd STREET - The Mayflower Theatre
09 Oct JERSEY BOYS - Prince Edward Theatre
11 Oct TOP HAT - Aldwych Theatre
13 Oct CIRQUE DU SOLEIL MICHAEL JACKSON THE IMMORTAL WORLD TOUR - O2
18 Oct LET IT BE - Prince of Wales Theatre
18 Oct MAMMA MIA - Novello Theatre
19 Oct JOHN WILLIAMS 80th BIRTHDAY CONCERT Royal Albert Hall
T/3 Nov ICE AGE LIVE - Wembley Arena
08 Nov THE MOUSETRAP - Mayflower Theatre
15 Nov SCROOGE with TOMMY STEELE London Palladium
22 Nov English National Ballet THE NUTCRACKER Mayflower Theatre
22 Nov THE ROYAL MARINES SPECTACULAR Bournemouth Pavilion
23/24/25 Nov SPEED - Brighton Ice Show Brighton Centre
24 Nov CLASSICAL SPECTACULAR Royal Albert Hall
29 Nov STARLIGHT EXPRESS Mayflower Theatre
05 Dec MATILDA, THE MUSICAL Cambridge Theatre
08 Dec THE BRITISH MILITARY TOURNAMENT - Earls Court
11 Dec PETER ANDRE - Brighton Centre
13 Dec DOLLY PARTON'S 9 TO 5 THE MUSICAL Theatre Royal, Brighton
14 Dec JINGLE BELL CHRISTMAS Mayflower Theatre
19 Dec ANDRE RIEU LG Arena Birmingham
20 Dec THE LONDON INTERNATIONAL HORSE SHOW - Olympia
02 Jan ALADDIN with LILY SAVAGE O2 Theatre
03 Jan SLAVA'S SNOW SHOW Royal Festival Hall
05 Jan JACK AND THE BEANSTALK Mayflower Theatre
16 Jan THE LION KING Lyceum Theatre
16 Jan LES MISERABLES - Queens Theatre
18 Jan THE MASTERS SNOOKER 2013 Alexandra Palace
20 Jan RONAN KEATING FIRES LIVE Brighton Centre
23 Jan THE BODYGUARD Adelphi Theatre
23 Jan WICKED - Apollo Theatre
24 Jan WAR HORSE New London Theatre
30 Jan X FACTOR LIVE TOUR Brighton Centre
30 Jan SINGING IN THE RAIN Palace Theatre
31 Jan THE PHANTOM OF THE OPERA 14 Feb Mayflower Theatre
23 Feb TOP OF THE POPS LIVE Mayflower Theatre
28 Feb BILLY ELLIOT Victoria Palace Theatre
28 Feb THE PHANTOM OF THE OPERA Her Majesty's Theatre
6/7 Mar LONDON THEATRE BREAK The Lion King or Les Miserables
15 Mar VIVA EDEVEN based on the Spice Girls Music Piccadilly Theatre
24 Mar THE HAIRY BIKERS Mayflower Theatre
30 Mar ALFIE BOE The Brighton Centre
25 Apr THE FULLY MONTY Mayflower Theatre
28 Apr JAMES LAST & HIS ORCHESTRA BIC Bournemouth
07 May WALKING WITH DINOSAURS Wembley Arena
04 May THE RAT PACK LIVE Brighton Centre
07 Aug CHARLIE AND THE CHOCOLATE FACTORY London Palladium

NEW excursion brochure available from 27 July 2012



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Local food celebration to get taste buds tingling

THE BOUTIQUE Deli at Russells Garden Centre has been championing local food producers since its opening last year and this summer they are taking their 'food passion' one step further with their first annual Local Food Celebration

Newly appointed Deli Co-ordinator, Nicky Bradford, has helped arrange the event

She said: "We've had great support from all our local producers who are really keen to share their food stories and give customers the chance to try a wonderful range of items."

The event will see food stalls dotted throughout the Garden Centre as well as a range of activities for children to take part in

The event will take place on 25th July from 10am until 2pm with Nicky and owner Lesley Phillips on hand to answer questions

Nicky added: "We're really excited to ha hosting what we hope will be a popular annual event, we have so many amazing and award winning products in Sussex and it's great to ha able to share that with all our customers."

The Boutique Deli at Russells Garden Centre has an ethos of quality local food with a commitment to animal welfare, where possible they seek out local gems and inspiring stories to ensure their customers are served the best

For further details on Russells Garden Centre and this event visit www.russellsgardencentre.co.uk

Enterprising cafe at Durban House

ADULTS with learning disabilities supported by the Aldingbourne Trust are running a social enterprise at Durban House Cafe Durban House is home to over 400 West Sussex County Council staff and they are delighted to have the Trust running their staff facilities

Harri O Leary, West Sussex County Council Administrator, said: "The food is excellent, the staff are friendly and reliable and the afternoon cakes are rather nice too."

The Aldingbourne Trust, a local enterprising charity who support adults with learning disabilities to have the same opportunities as everyone else are proud to have been asked by WSCC to take on the cafe as a social enterprise Adults with learning disabilities are fully involved in the whole operation from preparing light lunches, breakfasts, serving coffees which are made from the bean, replenishing the salad bar to meeting and greeting the customers.

Running the cafe at Durban House has given adults with learning disabilities the opportunity to have "real life" training in a small environment which is enabling them to develop their work skills 1-1 tuition is instrumental to their learning and everyone who works within the cafe has risen to the challenge Mike O Horan, WSCC Corporate Facilities Manager said. "The new staff cafe provides adults with learning disabilities a great place to work while helping them to gain invaluable skills to lead to employment

and to have independent lives"

Barry Goble, who has been part of the project since it opened earlier this year, said: "I like cooking in the kitchen, meeting the customers and I have learnt many new things." The Aldingbourne team not only serve WSCC staff in the cafe but they also provide refreshments for meetings, conferences and refreshment parties All of which provides valuable learning experiences Many adults with learning disabilities have developed their own ideas, Chris Fielder has created a range of unique sandwich fillings and Jade Hall helps produce digital media footage on the in house advertising screen. Val Allen - Durban House Cafe Supervisor said: "My team have grown in confidence and West Sussex County Council staff have been very supportive and welcoming."

Throughout the week the Aldingbourne Trust shares the kitchen facilities with the WRVS, who are extremely supportive and have welcomed the Trust from the onset

If you would like more information about the work of the Aldingbourne Trust then please visit www.aldingbournetrust.co.uk or visit the cafe at the Aldingbourne Country Centre, just of the A27 near Fontwell Park Racecourse.

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Q Hair & Beauty & Fontwell Park team up for ladies evening

This year's Ladies evening is set to be the biggest yet, with £2000 cash for grabs for the Best Dressed Lady. Last year, over 450 ladies lined up to compete for the top prize and General Manager Tracy Skinner is anticipating even more contestants this year.

Tracy said: "Life hasn't improved for many people in the last 12 months and £2000 cash is a fantastic prize that will encourage women of all ages to don their best frock & heels to enter the Best Dressed Lady competition. We have great prizes for the top 5 and each of the top 10 will receive a bottle of Champagne."

As well as the Best Dressed Lady competition, seven races and a performance after racing from The Magic of Take That & Robbie will be playing live on stage.

For further information & to buy tickets visit www.fontwellpark.co.uk/ladies

CHICHESTER based beauty salon, Q Hair & Beauty, are to be the title sponsors for the 2012 Ladies Evening at Fontwell Park. Established in 1972, Q Hair & Beauty will be celebrating the salon's success of recent years.

Director of Innovation, Kam Lawrence said: "Sponsoring Ladies Evening at Fontwell Park Racecourse is ultimately a nod to our support to Chichester over the 40 years that we've been in the city. This occasion has all the elements of what Q Hair and Beauty emulate – fashion, beauty and style."

Andy's 'Olympic' gesture

A POPULAR fish bar in Chichester got into the Olympic spirit on Monday – by giving away free chips all morning!

Andy's Fish Bar, St Pancras, has been supplying the nations favourite dish to locals since he opened last year.

Owner, Andy Marcou, was delighted with Monday's turnout. "In order to give back to the community, I decided to do free chips all morning until the torch passed," says Andy.

"The success was phenomenal and people reactions made it worthwhile. We served as many chips in an hour and a half as we normally do on a whole Saturday. Thanks Chichester!"

Andy is pictured here with the Olympic Flame and Chichester hero Anthony Stewart – one of 25 torchbearers for Chichester – who was in need of some chips after completing his leg of the relay.

You can visit Andy's Fish Bar at 76a St Pancras or www.andys-fishbar.co.uk

WARM UP TO THE GAMES WITH NUFFIELD HEALTH CLUB CHICHESTER WITH THEIR GET ACTIVE WEEK!

FRIDAY 20TH – FRIDAY 27TH JULY

The team at Nuffield Health Club Chichester have one mission, to get the local community healthier and fitter. They are encouraging people in Chichester to feel the benefit of what making small changes to your lifestyle can have on your overall health and wellbeing. Exercise has been proven to not only benefit your overall health but also help with conditions such as stress, diabetes and heart disease. It will also energise you, putting a much need spring back into your step.

Nuffield's Get Active week gives you the opportunity to come and try out some of the fantastic facilities on offer on a **FREE 1 DAY GUEST VISIT!** Simply bring this advert into the club and this will entitle you and a friend to one free day on any day between 20th and 27th July. The club also has their monthly Health event on the 25th July which focuses on your Lung Health. Free Lung Health tests available on the day (Limited spaces apply).

What can you expect from Nuffield Health's Get Active Week?

- Feel the benefits of exercise by trying out one of their fantastic fitness classes. Bootcamp, Zumba and Body Combat are to name a few.
- Book a FREE Personal Training Trial and get 1-2-1 attention by their trainers (must be pre-booked prior to your visit).
- Work up a sweat in the fully air conditioned gym.
- Take an energising dip in the 20 metre heated pool and then finish off with a sauna or steam.
- Free access to Lung Health event on Wednesday 25th July.

To enquire about booking your free day visit over Get Active Week, please call the club on 01243 788678. For all Personal Training Trials please contact Lisa or Andy at the club. Nuffield Health Fitness & Wellbeing Centre Chichester, Chichester Gate PO19 8EL. www.nuffieldhealth.com/chichester

*Terms & Conditions
Treatments, health MOT's, physiotherapy and paid for classes are not included with the free pass. Pass holders must call their local centre to book an appointment before visiting the centre. Pass holders must bring this voucher as proof to the club. The 1 day pass entitles 2 people (aged 16 or over) to use a centre for 1 day. Must be taken between 20th-27th July 2012. No cash alternative. *For Nuffield rewards see www.nuffieldhealth.com

FOLLOW US ON TWITTER
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Chichester Business

Free open day to celebrate Westgate Leisure Chichester's 25th birthday

WESTGATE Leisure Chichester is celebrating its 25th birthday with a free open day on Sunday 22 July.

The open day, from 9am to 5pm, will offer lots of free activities including:

- swimming in the main pool,
- inflatable fun swims, aquatots and WaterWalkerz for children;
- racket sports, trampolining and mini football and rugby taster sessions;
- taster sessions of Zumba and spinning, and
- baby signing and Zumbatomic for mums and young children.

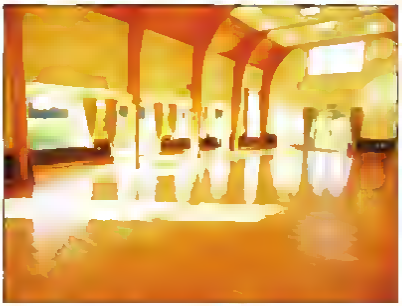
A special 25th birthday drink will be on sale at Cafe Ravenna and meal prices will be reduced for the day.

West Sussex Fire Brigade and South East Coast Ambulance service will also be at the centre to allow members of the public to see around their emergency vehicles.

Councillor Eileen Lintill, Cabinet Member for Leisure and Wellbeing at Chichester District Council, says: "For 25 years Westgate Leisure Chichester has been at the heart of the community. The free open day is a chance to celebrate that milestone. If you haven't been along to the centre in a while this is a great chance to see what is on offer. The open day offers something for all ages and sporting interests, so pop along and enjoy a great day out. You may even discover a new sport or class that you'd like to take up."

For more information call Westgate Leisure Chichester on 01243 785951 or visit www.westgateleisure.co.uk.

The SUSS initiative at Boxgrove Village Hall and Community Centre



IN AN AGE where tightening our belts is a financial necessity rather than a fashion statement, Boxgrove Village Hall and Community Centre (BVH) is introducing a Start Up Support Scheme (SUSS) to aid new micro businesses or clubs start their venture to help reduce initial costs when hiring a hall.

With a superb modern classic state of the art hall to hire plus ample free parking and only three miles from Chichester, BVH is an ideal place for many different types of businesses or hobbies. The spectacular large hall is an impressive sight but it is also a very practical hall. Available within the hall is a modern audio visual system with drop down screen, projector and cordless microphones. This hall is suitable for dancing; exercise, business meetings; training and clubs plus lots and lots more.

SUSS is an initiative that the Executive Committee of the hall is very keen to implement as a way of supporting the wider community with the start-up of their micro business, club or hobby. The normal hire costs are much reduced to enable the new micro businesses a chance to increase its client numbers and have help and support for their enterprise from experienced multi-functional BVH staff.

To find out more and see if you qualify for the BVH SUSS programme please email , manager bvh@gmail.com or phone 01243 768332 week-day afternoons.

Your chance to play with the stars

GLORIOUS Goodwood is just around the corner and what a week of racing it promises to be. Equine stars from across the globe will converge on this stunning racecourse, reputations will be put on the line and news superstars unveiled.

There is no greater superstar than Frankel, a horse of freakish ability who is set to run in the Sussex Stakes. A nation will be praying he can extend his winning streak to twelve.

It is a week of racing like no other, a cause for much celebration and the Fairway to Furlong Glorious Goodwood Golf Day is the only way to get the week off to the perfect start.

Held at the Goodwood Estate on Monday 30th July, more than 150 golfers will tee off across both championship courses looking to become the inaugural winners of this event. After the golf, guests will be greeted with a drinks reception before enjoying a Mediterranean tapas evening in Goodwood's private member's club, The Kennels.

Fairway to Furlong have also put together an expert panel of racing stars to talk guests through the major races of the upcoming week. Hosted by Ed Chamberlin from Sky Sports, Mick Fitzgerald, Steve Drowne and Gina Bryce will make sure guests head into Tuesday's racing with the inside line and some top tips.

Fairway to Furlong ambassador Mick Fitzgerald said: "I have attended both of the Fairway to Furlong events this year and Glorious Goodwood promises to finish the year off in style.

"It is a wonderful setting, no doubt the golf will fall to pieces but let's just hope I don't let the guests down with any dodgy tips!"

A host of celebrities from the sporting world played in the Royal Ascot Golf Day so do not miss your chance to walk the fairways with the best jockeys and trainers.

For more information or to book your team for the day call Sam Krume on 0207 330 5340 or email sam@fairwaytofurlong.com.

Chichester District's
BIG month
July 2012
history, culture & sport
Celebrate a month of history, culture and sport in the Chichester District this July
Sunday 8 July
Opening of The Novium
Our new museum, The Novium, in Tower Street, Chichester, opens on Sunday 8 July. The museum is purpose built over the remains of a Roman bath house – one of the many wow factors you will see! More information at www.chichester.gov.uk/thenovium
Saturday 14 July
Natures Way Foode Junior Aquathon
Sunday 15 July
Natures Way Foode Chichester Triathlon and 'Try a Tri'
More information at www.chichester.gov.uk
Monday 16 July
Olympic Torch Relay
The Olympic Torch visits the Chichester District. It will travel through Rogate, Midhurst, Easebourne, Tillington, Petworth, Duncton and Chichester. More at www.chichester.gov.uk/londonmore
Saturday 21 July - Sunday 29 July
Love Parks Week
As part of Love Parks Week, a plant sale and picnic will be held in the beautiful Bishop's Palace Gardens on 25 July. Visit www.chichester.gov.uk/parksandgardens for more information.
Sunday 22 July
Free Open day at Westgate Leisure Chichester
Free open day at Westgate Leisure Chichester from 9am-5pm to celebrate the 25th anniversary. More at www.westgateleisure.co.uk
24 July onwards
Summer of Sport
We've provided a range of activities for the children starting from 24 July. See www.chichester.gov.uk/summerofsport
Other events
Find out about our popular Farmers' Markets, the Chichester Festivities and other events taking place across the district by visiting www.chichester.gov.uk/bigmonth. Follow us on Facebook and Twitter. You can also call us on 01243 785166.
OBSERVER NEWSPAPER SERIES
Chichester

Entertainment

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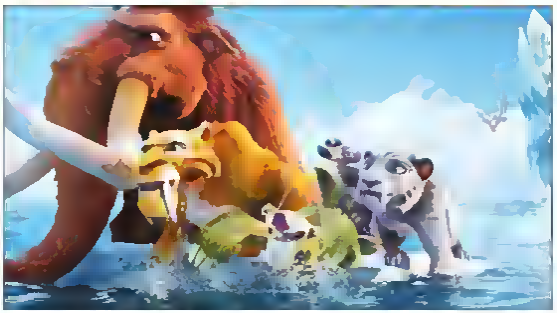
cineworld

Ice Age 4: Continental Drift (U)

THREE out of Five stars

Running time: 94 mins
Director: Steve Martino, Mike Thurmeier
Starring: Ray Romano, Denis Leary, John Leguizamo, Queen Latifah, Jennifer Lopez, Peter Dinklage, Keke Palmer, Wanda Sykes

Watchable fourth instalment to the Ice Age franchise that doesn't have much of a plot and shows a blatant disregard for both science and history, but compensates with superb voice performances, colourful characters, passable 3D animation and a decent gag rate.



What's it all about?
Directed by Steve Martino and Mike Thurmeier, Ice Age 4: Continental Drift is the fourth instalment in the popular animated franchise about the adventures of Manny the Mammoth (Ray Romano), Diego the Sabre-tooth Tiger (Denis Leary) and Sid the Sloth (John Leguizamo), with cutaways to whatever Scrat the scene-stealing Squirrel is up to. This time round, when Scrat's misadventures at the Earth's core (don't ask) cause the ice shelf to suddenly crack in two, Manny, Sid, Diego and Sid's sassy toothless grandmother (Wanda Sykes) find themselves adrift on an ice floe and separated from Manny's wife Ellie (Queen Latifah) and their rebellious daughter Peaches (Keke Palmer).

However, our furry heroes' problems don't end there, because they're soon captured by a sea-faring iceberg (again, don't ask) captained by pirate primate Captain Gutt (Peter Dinklage) and a scurvy crew that includes slinky white tiger Shira (Jennifer Lopez), dopey elephant seal Flynn (Nick Frost, no jokes about typecasting, please) and hyperactive first mate bunny Squint (Aziz Ansari). Meanwhile, Ellie and Peaches try to outrun the shifting continental plates and Scrat finds an ancient acorn related treasure map.

The Good
The voice performances are excellent, with Dinklage, Frost and Ansari making particularly good new additions to the cast, while Wanda Sykes contributes a scene-stealing turn as Granny Sloth. However, as with all the previous Ice Age movies, the film still belongs to Scrat and his acorn-chasing shenanigans, which are used well here and provide the biggest laughs.

The animation is extremely good throughout and there are a couple of decent 3D moments, though not so many that the film won't play just as well in 2D. In addition, Martino and Thurmeier keep the action ticking along at a busy pace and the script has a surprisingly decent gag rate, thanks to having talented wise-crackers like Sykes, Leguizamo, Ansari and Frost on board. There's even a comedy song this time round.

The Bad
The main problem with the Ice Age franchise in general is its stock-piling of headaches for anyone attempting to teach children about natural history, science, geology and so on. Would it kill them to put a few Science Facts as captions at the end?

Worth seeing?
As fourquels go, this is actually pretty good (and definitely better than the third film), thanks to a colourful voice cast, likeable characters and a decent gag rate. Responsible parents should probably go armed with picture-led geology/history books though.

Just jousting at the Castle

THE MAGNIFICENT surroundings of historic Arundel Castle provide the perfect setting to enjoy live international jousting in a specially created medieval-tented encampment, between 24th and 29th July.

For a whole week, the authentic joust re-lives the celebrations of 1471 when King Edward IV reclaimed the throne after the Wars of the Roses at the Battles of Barnet and Tewkesbury.

"We are very excited to be welcoming the six-day jousting tournament to Arundel," says Castle Manager Bryan MacDonald. "The Eleventh Century setting of the ancient castle, stately home and gardens will provide a living history lesson about the War of the Roses in a dramatic and lively way which many will not have experienced before."

The landmark West Sussex Castle is the ideal backdrop for this visually stunning and totally absorbing enactment which is perfect for the whole family and an ideal start to the long school holidays.

This thrilling and exciting Joust spectacular is the largest event of its kind at the Castle, and visitors will be enthralled and amazed by the unique experience. Period musicians, an entertaining and popular story-teller, plus displays of historic crafts add to the occasion and provide fun for all ages.

The castle gates open at 10am with the action getting underway at 10.15 through until 4pm. Highlights of the day also include weapon demonstrations and, at the weekend, a puppet show.

More details online at www.arundelcastle.org

ICE AGE 4: CONTINENTAL DRIFT COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question:

Q. RAY ROMANO HAD A LONG STANDING ROLE IN WHICH FAMOUS US TV SITCOM?

A) FRIENDS
B) EVERYBODY LOVES RAYMOND
C) HOW I MET YOUR MOTHER

Send your [illegible] and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected [illegible] at midday. The winner will be notified later [illegible] that day.

• Last weeks winner is Kelly Mclean from Chichester

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL. 0871 200 2000

Bar quiz at Cineworld

CHICHESTER CINEWORLD are holding a Bar Quiz today (Friday 20th July) in celebration of the release of The Dark Knight.

It is free entry, starts at 7pm, teams 4-6 people, sign up on their facebook page, or turn up on the night

The big Prize to play for is a VIP Box for a screening of a film, which sits 12 people Worth over £180 plus a cinema poster of The Dark Knight.

There will be 4 main rounds, with specialist categories dedicated to Batman and DC, as well as general film knowledge.

Come and join in the fun!

They will also have fancy dressed staff in the form of a Batman and a Catwoman.

Entrance is must be 18 or over to participate in the quiz due to the licensing restrictions in the Bar area

CHICHESTER cinema
at NEW PARK
01243 786 650
'your cinema on the park'

Mon 23 Jul 13.30 Goodbye First Love (15) 11.1m, 16.00 Where Do We Go Now? (15) 110m, 18.30 Goodbye First Love; 21.00 Corpo Celeste (U) 100m

Tue 24 Jul 13.30 Where Do We Go Now?; 16.00 Goodbye First Love, 18.30 Corpo Celeste, 20.45 Where Do We Go Now?

Wed 25 Jul 13.15 Corpo Celeste; 15.30 Where Do We Go Now?, 18.00 Chariots of Fire (PG) 124m, 20.45 Goodbye First Love

Thu 26 Jul 14.15 Chariots of Fire; 17.00 Goodbye First Love; 19.30 Les Enfants du Paradis (U) 19.5m

Going for gold on the silver screen

CHICHESTER CINEWORLD, the UK's leading cinema chain, this week announced it will be screening a full schedule of Olympic events, courtesy of the BBC

Sports fans will be able to watch 17 straight days of sport, all completely free of charge.

Cineworld's coverage of the Olympics kicks off with the Opening Ceremony on Friday 27th July. Cinemagoers will enjoy the very best seats outside of Stratford as cutting edge digital audio and visual technology brings Danny Boyle's creative vision to life.

From Britain's cyclists going for gold in the velodrome to Usain Bolt looking to set new world records on the track, customers will be able to watch two full weeks of great sporting moments on Cineworld's Olympic sized screens, culminating with the Closing Ceremony on 12th August

Matthew Blanch, GM at Cineworld Chichester: "We're delighted to be playing a role in such a historic event There is so much excitement about the Olympics and this is a great opportunity for people of Chichester and the surrounding areas to come along and get involved We love the big blockbusters however we also appreciate that there is a real appetite for Opera, Theatre, Comedy, Music and in this instance, Sport."

Those interested will be able to book online, for free, from today There will be two sessions per day (morning/evening) on competition days as well as availability for both the opening and closing ceremonies.

For more information and to book, visit cineworld.co.uk

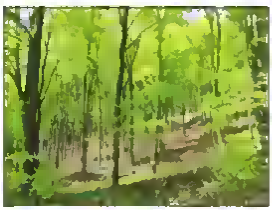
The South Downs Wood Fair - A great day out for the whole family!

PREPARATIONS are well under way for this fantastic event With more exhibits, attractions and entertainment than ever, the Wood Fair is set to be another big hit with visitors from far and wide.

Set once again in the picturesque Queen Elizabeth Country Park, near Petersfield, the South Downs Wood Fair is on July 21st and 22nd The organiser of the Wood Fair, Paul Bishopp, said "This may be a Wood Fair, but wood is by no means the only content! There's plenty to interest everyone." As well as all the displays and entertainment, the Wood Fair will focus on all aspects of wood, it's production and it's uses On show will be everything from large machinery to small scale craftsmanship. But there will be lots of other attractions and plenty of excitement for all the family.

Chainsaw sculpture, coppice crafts displays and working heavy horses will be among the many wood-based displays There will also be a wonderful range of other crafts and exhibits on show There's a fantastic children's farm with everything from shetland ponies to sheep and owls And there's ferret racing with a difference the ferrets race against the children!

Craft makers, artists and designers in other categories are a strong feature and the crafts marquee is not to be missed Try your hand at pyrography or learn about furniture-making at the Chichester College stand.



For more active visitors, there's a spectacular climbing wall, "Have-a-go" archery, and attractions for the children. Amongst all this, there will be lots more to make the day special You'll find lovely food, entertainment and music as well Look out for the circus shows and workshops and expect some enjoyable surprises This really does sound like a great family day out!

And if there's an y rain, there's always the Crafts marquee and the refreshment tent.

The gates will be open from 10am on Saturday and Sunday 21st and 22nd July

Admission at the gate is: Adults £7, Seniors £6, Children Free Parking is free too!

Discounted advance tickets are available at Queen Elizabeth Country Park until July 19th.

For information, visit www woodlandcrafts.co.uk or call 01243 641306

SATURDAY'S TV 21.07.12

CHOICE

Davina McCall

The Million Pound Drop Channel 4, 7.10pm

Over the next four weeks, this quiz show will be paying its own tribute to our summer of sport by inviting celebrities and noted athletes to compete for the chance to raise as much money as possible for Paralympic and disability-related charities. And if across each weekend the couples can save enough bundles of money from the Drop, they'll unlock an extra cash bonus. So...the pressure's really on this week's pairs, who include Red o1 mates Sara Cox and Alex Hayden-Jones, actress Natalie Cassidy and X Factor contestant Frankie Cocozza

BBC1

6.00 Breakfast. **10.00** Live Golf: The Open Championship. **12.00** BBC News; Regional News; Weather. **12.10** Live Golf: The Open Championship

6.10 **Film: Indiana Jones and the Last Crusade** (1989) Action adventure sequel starring Harrison Ford and Sean Connery

8.20 **The Matilow Lottery: Secret Fortune** Silvings Zoe and Ronnie compete in the high-tension quiz show presented by Nick Knowles, hoping to win enough money to take their mother on a trip to Las Vegas

9.20 **Casualty** Part one of two. Lucas is held at gun for the man who died after being Tasered by the police, only for violence to break out – with Scarlett and Lloyd right in the thick of things. Concludes tomorrow

10.10 **BBC News**; Weather

10.30 **Mrs Brown's Boys.** Newlywed Dermot and Maeve argue. Last in the series (R)

11.00 **Live at the Apollo.** Micky Flanagan introduces Jason Byrne and Seann Walsh (R) Immoral Lottery Update

11.45 **Film: Grosse Pointe Blank.** (1997) An hitman runs into trouble when his tries to combine his latest assassination job with a long-overdue national reunion. Black comedy drama starring John Cusack

1.25 Weatherview **1.30** Sign Zone: Faster Higher Stronger The history of the Olympic Games (R) **2.30** Usain Bolt: The Fastest Man Alive (R) **3.30** 5.30 News.

BBC2

9.00 CBeebies **7.00** CBBC **12.05** Film: Jubal (1956) Western, starring Glenn Ford and the late Ernest Borgnine **1.00** Show Me the Monet **2.30** Racing from Ascot Clare Balding presents live coverage of today's meeting including the 4.35 King George VI & Queen Elizabeth Stakes (1m 4f) Plus races at 2.45 3.20 and 3.55 **6.00** Formula 1 : German Grand Prix: Qualifying Highlights

8.10 **Live Golf: The Open Championship** Hazel Irvine presents concluding coverage of the third day's play at Royal Lytham & St Annes Golf Club, where the remaining players on the course complete their penultimate rounds. Subsequent programmes subject to change

8.00 **The Ha Ha Ha Crew – Henry V.** Tom Hiddleston, John Hurt, Paterson Joseph and Anton Lesser star in this adaptation of Shakespeare's play about the 15th-century king's war with France. Last in the series

10.15 **Gwoo a Rim Reydon, Sandi Toksvig, Fred MacAulay and regular panel & Alan Davies join host Stephen Fry who asks questions on the subject of highs and lows. (R)**

10.45 **TITTP2** Featuring archive performances by acts including Culture Club, Deep Purple, the Human League, the Soul Patrol, Bob Marley and the Wailers, and Venus of the Rednine (R)

11.40 **Film: Kicks** (2009) Prem a e. Comedy drama with Kerne Hayes, Nichola Burley, James Doyle and Gary Cargill

1.00 BBC News **5.30** Close

ITV1

6.00 CITV: Mini CITV **7.00** CITV **8.25** Saturday Cookbook **8.25** ITV News **8.35** The Jeremy Kyle Show USA **10.25** The Jeremy Kyle Show USA **11.20** The Real Housewives of New York City **12.15** ITV News: Weather **12.25** Film: Escape to Victory (1981) **2.35** Film: The Man with the Golden Gun (1974) **5.00** Regional Programme: Weather & ITV News: Weather **5.25** Primeval

6.00 **You've Been Framed!** Hilarity and hijinks in a selection of some of the most extreme clips filmed by viewers, featuring various trampoline tumbles and a bike rider undergoing an uncomfortable landing (R)

7.00 **The Cube** Phillip Schofield invites world champion hamster trainer Ian Emms and former Olympic javelin thrower Fatima Whitbread to take on a series of fiendishly difficult challenges in the tube

8.00 **TV's Biggest Blockbusters.** The most watched programmes in British television history, revealing the top 10 shows in four categories – entertainment, live events, drama & soaps and comedy

10.35 **ITV News**: Weather

10.35 **Mad Mad World.** With Peter Andre, Vinnie Jones and Christine Bleakley

11.35 **Take Me Out.** A married-and champion: a soul singer, a car salesman and a street dancer try to impress 30 single women, and last week's couples give their dates. (R)

12.35 The Store. ITV News Headlines **2.40** In Plain Sight. (R) **3.25** ITV Nightscreen. **5.30** ITV Morning News

CHANNEL 4

6.00 Channel 4 Presents: London 2012: Film Semmandis Part III This swimmer finishes her preparations for the Paralympics (R) **6.00** Sex Mob (R) **10** The Hooks (R) **6.35** Inside Paralympic Show (R) **7.00** British Formula Ford Championships. **7.25** The Grid **7.50** The Morning Line **8.00** T4 Theo Rocks Edi Sheeran (R) **8.10** To The Dark Knight Rises T4 Movie Special **9.40** 14 New Girl (R) **10.15** T4 Revenge **11.00** T4 Subterfuge **11.45** T4 Summer Date **12.20** T4 The Big Bang Theory (R) **12.55** 13 The Simpsons (R) **1.55** Channel 4 Racing. **3.50** Channel 4 Presents: London 2012 – Hannah Cockroft Part III (R)

4.00 Come Dine with Me (R) **4.30** Come Dine with Me (R) **5.05** Come Dine with Me (R) **5.40** Come Dine with Me (R)

5.00 **Come Dine with Me.** Handresser Mel Steel hosts the final party in Hornchurch (R)

6.00 Channel 4 News.

7.25 **Alhought is** The role of father figures in modern society

7.00 **The Million Pound Drop.** Natalie Cassidy and Frankie Cocozza, Sam Cox and Alex Hayden-Jones and Jonathan Edwards and Colin Jackson work in pairs to win money for charity

8.35 **Film: Date Night.** (2010) Plemons Comedy starring Tina Fey and Steve Carell

10.45 **Film: Another 48 Hrs** (1990) Comedy thriller sequel, starring Eddie Murphy and Nick Nolte

12.40 The Million Pound Drop (R) **2.15** Film: Gentlemen Broncos (2009) **3.45** Skateboarding (R) **4.30** Dealor No Deal. (R) **5.30** Countdown (R)

CHANNEL 5

6.00 Milkshake **10.00** Zoo Days (R) **10.00** How Do They Do It? (R) **10.30** Pop Brother. The Eviction (R) **11.35** Film: Police Academy 4: Citizens on Patrol (1987) **1.00** Film: Adventures in Babysitting (1987) **3.16** Film: Fly Away Home (1998) **5.20** Film: Home Cold (2005)

7.00 **Cricket on 5.** England v South Africa. Mark Nicholas presents highlights from the third day of the First Test at the Oval

8.00 **5 News Weekend**

8.00 **NCIS** New surveillance reveals that post-to-post leaders infiltrated the agency, and plans to murder a member of the NCIS team prompting Gibbs to seek his help of former mentor Mike Franks (R) *

9.10 **Big Brother** Highlights of the most recent goings-on including the latest eviction from the housemates point of view

10.10 **(3) Friend** New series. The final season of the police drama begins with a wounded Hardin raging to save Natalie from drowning, before setting a trap for the man who tried to kill them

11.00 **CSI Crime Scene Investigation** A man riser from cremating end of emerges he had more genetic disorder than while a couple going through an acrimonious divorce are seemingly killed by their own dog (R)

12.00 SugarCrème **4.00** HouseBusters. (R) **4.25** Great Scientists. (R) **4.50** Country Secrets (R) **5.00** Homes Helpline (R) **5.10** The Millionaire Show (R) **5.35** Thomas & Friends. (R) **5.45** Ready the Racing Car (R)

DIGITAL

BBC Three

7.00 The Real Hustle: New Results **7.30** Top Gear **8.30** Film: Shrek (2001) **8.55** Russell Howard's Good News **10.25** Live at the Electric **10.55** Family Guy **11.40** American Dad

BBC Four

7.00 The Blue Planet **8.00** BBC Proms 2012: The West-Eastern Divan Orchestra perform Beethoven's Symphonies Nos 3 and 4 **10.10** Film: Ajami (2009)

ITV2

2.10 America's Got Talent **4.50** Film: Free Willy 3: The Rescue (1997) **6.40** Film: The Mummy (1999) Action-adventure starring Brendan Fraser **8.00** Film: Casino Royale (2006)

ITV3

3.00 Sherlock Holmes: The Sign of Four **5.50** Agatha Christie's Marple **7.00** Doc Martin **8.00** Poirot **11.00** Film: Mystic River (2003)

ITV4

2.00 Live Cycling: Tour de France Stage 19 from Bonneval to Chartres **5.00** Goodwood Festival of Speed **8.00** 2012 Football Games That Shook the World **7.00** Cycling: Tour de France Highlights **8.00** Film: Space Cowboys (2000) **10.30** Film: Training Day (2001)

E4

3.10 Desperate Housewives **4.00** Revenge **5.00** How I Met Your Mother **6.00** The Big Bang Theory **7.00** Rules of Engagement **8.00** Suburgatory **8.30** Green Fingers Evening of Wonders **10.40** The Big Bang Theory **11.30** The Midnight Beast

Film4

3.15 Carry On Spying (1964) **5.00** The Mistress of Spices (2005) **6.55** Footloose (1984) **9.00** The Happening (2008) **10.45** Aliens (1986)

SUNDAY'S TV 22 07.12

CHDICE

Kenneth Branagh

Wallander

BBC1, 9pm

It is the final edition of the series, but don't panic – a fourth run will be made although Kenneth Branagh claims it will be the last. Here, Wallander is disturbed by a visit from Linda's childhood friend Anna Westin (last at night). She's a troubled soul who then disappears, and it isn't until later that the detective discovers a link between her and an elderly murder victim whose badly burned body has been found in a shallow grave. Linda returns to Ystad to help her father with the investigation. They worry that Anna may become the latest victim of a religious fanatic

BBC1

0.00 Breakfast. **8.00** The Andrew Marr Show **10.00** Sunday Morning Live **11.00** Country Tracks (R) Weather for the Week Ahead. **12.00** BBC News **12.00** Bargain Hunt. **12.30** Live Golf: The Open Championship

7.00 **BBC News**; Regional News; Weather

7.10 **Countryfile** Matt Baker learns about the Victorian doctor whose Woolpack Olympian Games inspired the modern Olympics and Adam Henson visits a Lancashire farm where the shaky cows milk the machines including Weather for the Week Ahead

8.10 **Casualty** Part two of two. As the vigil thickens into a full-scale hot London performs life-saving surgery on girlfriend Yvonne, while Sean tells Ems the police. Last in the series.

9.00 **Wallander** The detective investigates a connection between a nearly murder victim and the dangerous area of one of Linda's childhood friends. Kenneth Branagh stars. Last in the series

10.30 **BBC News**; Regional News; Weather

10.00 **John Bishop's Britain** The comedian tackles the subject of friends.

11.40 **Formula 1 : German Grand Prix: Highlights** Lee McKenzie's review action from the 10th round of the season which was staged at the Hockenheimring for the first time since 2010 (R)

1.10 Weatherview **1.15** Sign Zone: Faster Higher Stronger (R) **2.15** Hell's City (R) **3.15** Britain's Lost Routes with Griff Rhys Jones. (R) **4.15** BBC News.

BBC2

6.00 CBeebies **7.00** CBBC **10.00** Raymond Blanc: The Very Hungry Frenchman (R) **11.00** Live Golf: The Open Championship **12.35** Film: Jack (1996) **2.25** Show Me the Monet **3.10** Escape to the Country. **3.55** Top Gear (R) **4.35** Songs of Praise. **5.30** Formula 1 : German Grand Prix Highlights.

7.00 **Secrets of Our Living Planet.** Chris Packham travels around the globe to reveal the secrets of solitary habitats – including a near-perfect atmosphere and climate. Last in the series (R)

8.00 **Engineering Giants: Sea Rig Ship-Drom** Tom Waggoner with and Neil Bell follow each step of the journey as a gas platform is pulled from the North Sea and taken to Newcastle to be dismantled and recycled

8.00 **World's Most Dangerous Roads.** Hugh Dennis and David Baddiel travel along more than 1 200 miles of hazardous roads in Ethiopia on a journey to Aksum, the country's holiest place. Last in the series

10.00 **Mock the Week – Again** Another chance to see an edition of the comedy show Hudson by Dara O Briain, with guests joining the panel to poke fun at the news. (R)

10.30 **Line of Duty** Fleming presents to salvage him anti-corruption investigation and goes a worrying lengths a sees Gates trust – but arouses Morton's suspicions in the process. (R)

11.30 **Twenty Twelve** Ian discovers Daniel has been offered a new job (R)

12.00 Film: Spartacus (2006) **1.05** BBC News. **4.15** Close

ITV1

6.00 CITV: Mini CITV **7.25** CITV **8.25** Dinner Date **9.35** ITV News **8.30** House Call. (R) **10.25** There's No Taste Like Home (R) **11.25** The Hungry Sailors. (R) **12.25** ITV News: Weather. **12.35** Dickinson's Real Deal. (R) **1.35** Murder She Wrote. (R) **2.35** The Biggest Blockbusters. (R) **4.25** Doc Martin. (R) **5.25** The Chase. (R)

6.25 **Regional Programme**: Weather

6.40 **ITV News**: Weather

7.00 **Britain's Secret Treasures.** Michael Buerk and Bettany Hughes reveal the thing 10 historical artefacts discovered by the public, including Viking treasures and a 3,500-year-old gold cup. Last in the series.

8.00 **Digging for Britain Gold.** Olympic medallists Colin Jackson, Olga Korbut, Tessa Sanderson, Steve Redgrave, Jamie Baulch, Steve Williams and Gail Emms each perform an icebreaking routine for the show's judges

10.00 **ITV News & the Weather**

10.25 **Number Command.** John Sergeant pays tribute to the ancient art of Number Command, who died serving their country and tells the stories of some of the surviving members. (R)

11.15 **Provisioning Purple Sevens Series.** Peter Rosher presents a short film by Gerard Burns and Elizabeth Park with Leicester Tigers, London Wales Northampton Saints and Sale Sharks the sides involved.

12.15 The Store. Home shopping. ITV News Headlines **2.15** Golden Balls (R) **3.05** Motorsport UK **3.35** ITV Nightscreen. **5.00** ITV Morning News

CHANNEL 4

6.15 Ironman 2012: **6.40** Canary Wharf Triathlon. **7.05** The Great Swim Series **8.00** Wife & Gaga (R) **8.25** Wife & Grace (R) **8.35** Friends (R) **9.25** Frasier (R) **10.00** Sunday Brunch **12.30** Jamie Does Marrakech (R) **1.25** How to Cook Like Heston (R) **2.05** The Big Bang Theory (R) **2.30** The Big Bang Theory (R) **3.00** The Simpsons (R) **3.35** The Simpsons (R) **4.05** Deal or No Deal. **5.05** Channel 4 Presents: London 2012 – Wild Bowler Part III (R) **5.10** Channel 4 News. **5.40** (through to) **6.45** Film: Percy Jackson & the Lightning Thief (2010) Phantasy adventure sailing Logan Lerman

6.00 **Come Dine with Me.** Five contestants host dinner parties in Milton Keynes. Bucking hamshire featuring ladies-hunter ghetto day-theme entertainment and a bottle of squirrel that causes a row

6.00 **Thelma Oppley Gibbs.** The pressure of getting the harness up to speed forces Thelma Maginn a take time off work. However, chaos ensues in her absence and a all that could destroy the achievements so far

10.00 **Film: Pale Rider.** (2008) After a brush with the mis here a responsible man have to be taker a outlaw a date on community service. Comedy with Paul Rudd, Seann William Scott and Christopher Mintz-Plasse

11.50 **Film: Internal Affairs** (1990) Crime thriller starring Richard Gere, Andy Garcia and Laure Metcalf

2.00 A Family Portrait (R) **2.09** Carnival (R) **3.00** Hollyoaks (R) **5.00** Channel 4 Presents: London 2012 – David Clarke Pt III (R) **5.15** Deal or No Deal. (R)

CHANNEL 5

6.00 Milkshake. Peppa Pig **8.00** Roary the Racing Car (R) **8.15** Fifi and the Flowertots (R) **8.25** City of Friends (R) **8.35** Harry and His Bucket Full of Dinosaurs (R) **8.50** Castle Farm. (R) **9.00** Abbey's Flying Fairy School **7.25** Noddaboo and Cuddle Too (R) **7.10** Tommee in Pyjamas (R) **7.25** Family (R) **7.00** Noddy in Toyland (R) **7.30** Fifi and the Flowertots (R) **7.45** Roary the Racing Car (R) **8.00** Abbey's Flying Fairy School **7.25** Noddaboo and Cuddle Too (R) **7.10** Tommee in Pyjamas (R) **7.25** Family (R) **7.00** Noddy in Toyland (R) **7.30** Fifi and the Flowertots (R) **7.45** Roary the Racing Car (R) **8.00** Abbey's Flying Fairy School **7.25** Noddaboo and Cuddle Too (R) **7.10** Tommee in Pyjamas (R) **7.25** Family (R) **7.00** Noddy in Toyland (R) **7.30** Fifi and the Flowertots (R) **7.45** Roary the Racing Car (R)

8.00 **5 News Weekend**

7.00 **Cricket on 5.** England v South Africa. Mark Nicholas presents highlights of the fourth day of the Test at the Oval as the three-match series continued

8.00 **Once Upon a Time.** Emma comes to find Mary Margaret on her Tegra discovers she is missing – but is taken hostage by a men desperate to return to the Landof fairy tales

9.00 **Big Brother.** Narrated by Marcus Bentley

10.35 **Film: Bread Work.** (2002) Crime thriller directed by and starring Clint Eastwood

12.00 World's Fastest Iran. (R) **1.00** SuperCasino **4.00** Sons of Anarchy **4.60** Country Secrets (R) **5.00** Homes Helpline. (R) **5.10** The Millionaire Show (R) **5.35** Thomas & Friends. (R) **5.45** Roary the Racing Car (R)

DIGITAL

BBC Three

7.00 Olympics: Most Amazing Moments **8.00** Girl Power: Going for Gold **10.00** Family Guy **10.45** American Dad! **11.30** Snog Marry Avoid?

BBC Four

7.00 London: A Tale of Two Cities with Dan Cruickshank **8.00** The Bridges: Hull Trust: London with Dan Cruickshank **9.00** Film: Amadeus The Director's Cut (1984) **11.00** Teenage Kicks: The Search for Sophistication

ITV2

0.25 Film: Cool Runnings (1993) **6.25** Film: King Kong (2005) **8.00** Benidorm **10.00** The Only Way Is Essex **10.40** Bridget Jones's Diary (2001)

ITV3

3.40 Film: Jesus Christ Superstar (1973) **5.50** Agatha Christie's Poirot **9.00** A Touch of Frost **11.10** Wire in the Blood

ITV4

2.00 Live Cycling: Tour de France **8.00** Mythbusters **9.00** The Sweeney **7.00** Cycling: Tour de France Highlights **8.00** Premiership Rugby Sevens Series **8.00** Film: Tightrope (1984) **11.20** Film: Seed of Fury (2007)

E4

3.10 Glee **4.10** New Girl **4.40** Suburgatory **5.10** The Big Bang Theory **6.00** The Big Bang Theory **6.30** Cucumber **7.00** Crocodile Dundee II (1988) **10.10** Film: Starsuing with the Enemy (1991)

Film4

3.35 The Last Mimzy (2007) **5.15** Brief Encounter (1945) **7.00** Joe Wright on David Lean **7.40** Anna Karenina: Clip Exclusive **7.15** Fanatic's Corner: Rise of the Silver Surfer (2007) **10.00** The Hunt for Red October (1990) **11.40** Your Kids (2010)

Monday

BBC1
6.00 Breakfast 9.15 Pet Hunters (R) 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Cowboy Trap (R) 11.45 You've Been Scammed (R) BBC News 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.10 Escape to the Country (R) 3.00 BBC News Weather Regional News 3.00 CBBC 3.15 Pantaloons (R) 4.00 BBC News Weather 4.30 Regional News Programmes Weather 7.00 The One Show 7.30 Eat Endless BBC News Regional News 8.00 Holby City 9.00 Turn Back Time: The Family 10.00 BBC News 10.25 Regional News Weather 10.30 Tom Daley: Diving for Britain 11.20 Who Do You Think You Are? US (R) 12.10 Film Women of Valor (1986) 1.55 Weatherview 1.55 Sign Zone Faster Higher Stronger (R) 2.00 Victoria Derbyshire, Olympics Golden Girl (R) 3.00 Britain's Heritage Heroes (R) 4.00 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 Beebies 11.30 Animal Park (R) 12.00 Film The Saint in London (1939) Detective adventure with George Sanders 1.10 Film The Saint in Palm Springs (1941) Detective adventure starring George Sanders 2.10 Weakest Link (R) 3.00 Show Me the Monet 3.40 The Hairy Bikers' Food Tour of Britain (R) 4.30 Fog in the Fl 5.15 Antiques Road Trip (R) 6.00 Eggheads (R) 6.30 Great British Railway Journeys (R) 7.00 Coast (R) 8.00 The Hairy Bikers' Mums Know Best (R) 8.30 Lord of Duty 10.45 Film Twelve 10.30 Newsnight Weather 11.05 Film What If (2012) Premiere Short drama starring Neil Caris 11.45 Film The Swimmer (2012) 12.05 BBC News 4.00 Close

ITV1
6.00 Daybreak 8.30 Lorraine 9.05 The Jeremy Kyle Show 10.30 The Morning. 12.30 Dr Do Lunch with Gino & Mel 1.30 ITV News, Weather 1.55 Regional News Weather 2.00 Drive to Buy 3.00 Secret Dealers 3.55 Regional Weather 4.00 A Touch of Frost (R) 5.00 Tipping Point (R) 6.00 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 Countrywise 8.30 Coronation Street 9.00 Superstar 10.15 ITV News Weather 10.30 Regional News Weather 10.45 Come Dine with Mark Austin Fallen Angel (R) 11.40 In Plain Sight (R) 12.30 Jaws II 47 ITV News Headlines 3.00 The Jeremy Kyle Show (R) 3.55 ITV Nightscreen 4.25 The Jeremy Kyle Show (R)

Channel 4
6.15 The Hirshs (R) 6.40 Squawkbox 7.30 Around and In (R) 7.55 Wild Greece (R) 8.30 Everybody Loves Raymond (R) 9.00 Fraser (R) 9.30 Come Dine with Me (R) 10.00 Come Dine with Me (R) 10.30 Come Dine with Me (R) 11.00 Come Dine with Me (R) 11.30 Come Dine with Me (R) 12.00 Channel 4 News Midday Summary 12.05 A Place in the Sun: Winter Sun (R) 1.05 Gok Cooks Chinese (R) 1.30 Fixer Cottage Rules (R) 1.55 Film Thunder Over Arizona (1956) 3.10 Countdown 4.00 Deal or No Deal: Grand Medal Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 Can You Trust Your Bank? Jon Snow Presents (R) 7.55 #thoughtful 8.00 Letterman Location Location 9.00 Undermyskin 10.00 Ruby Wax's Mad Confessions 11.00 Film A Running Jump (2012) 11.55 Random Acts 11.55 Embarrassing Bodies: Under the Skin (R) 12.30 Channel 4 Presents London 2012: Danielle Brown and Part III (R) 1.05 The Great White Shark 2.30 The Big C 3.00 Southland 3.45 St Elsewhere (R) 4.30 Deal or No Deal (R)

Channel 5
6.00 Milkshake 9.15 The Wright Stuff 11.00 Extra Slimming Tricks and Tailors (R) 12.10 5 News Lunchtime 12.15 Big Brother (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Mentalist (R) 3.15 Fern Generation Gap (2008) Comedy-Leage drama, starring Alex Black. 5.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 The Hole Inspector (R) 8 News Update 8.00 Half Built House 9 News 9.30 CSI: Crime Scene Investigation A gambler is shot dead at a casino. 10.00 Big Brother 11.00 Big Brother's Bit on the Side 12.00 Supercasino 3.00 Alaska (R) 1.00 SuperCasino 3.00 Nick's Quest. (R) 4.20 Wildest SOS (R) 4.00 Michelle's Wild Challenge (R)

Tuesday

BBC1
6.00 Breakfast 9.15 Pet Hunters (R) 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Cowboy Trap (R) 11.00 You've Been Scammed (R) BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.15 Escape to the Country (R) 2.00 BBC News Weather Regional News 3.00 CBBC 3.15 Pantaloons (R) 4.00 BBC News Weather 4.30 Regional News Programmes Weather 7.00 The One Show 7.30 Eat Endless BBC News Regional News 8.00 Holby City 9.00 Turn Back Time: The Family 10.00 BBC News 10.25 Regional News Weather National (R) Update 10.30 Imagine 11.50 Film An Unfinished Life (2006) Drama starring Robert Redford 1.30 Weatherview 1.00 Sign Zone Faster Higher Stronger (R) 2.00 Into Orbit A Culture Show Special (R) 3.40 The Man Who Never Was (R) 4.00 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.00 Beebies 11.30 Animal Park (R) 12.00 Film The Saint in New York (1938) Detective adventure starring Louis Hayward 1.00 Film The Saint Meets the Tiger (1943) Detective adventure starring Hugh Sinclair 2.15 Weakest Link (R) 3.00 Show Me the Monet 3.40 The Hairy Bikers' Food Tour of Britain (R) 4.30 Fog in the Fl 5.15 Antiques Road Trip (R) 6.00 Eggheads (R) 6.30 Great British Railway Journeys (R) 7.00 Coast (R) 8.00 The Hairy Bikers' Mums Know Best (R) 8.30 Lord of Duty 10.45 Film Twelve 10.30 Newsnight Weather 11.05 Film What If (2012) Premiere Short drama starring Neil Caris 11.45 Film The Swimmer (2012) 12.05 BBC News 4.00 Close

ITV1
6.00 Daybreak 8.30 Lorraine 9.05 The Jeremy Kyle Show 10.30 The Morning. 12.30 Dr Do Lunch with Gino & Mel 1.30 ITV News, Weather 1.55 Regional News Weather 2.00 Drive to Buy 3.00 Secret Dealers 3.55 Regional Weather 4.00 A Touch of Frost (R) 5.00 Tipping Point (R) 6.00 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 Countrywise 8.30 Coronation Street 9.00 Superstar 10.15 ITV News Weather 10.30 Regional News Weather 10.45 Film Green Street (2006) Football drama, starring Elijah Wood Jason Isaacs 1.40 ITV News Headlines 3.00 Film Nightscreen 3.05 Golden Balls (R) 3.00 ITV Nightscreen 3.00 ITV Morning News

Channel 4
6.15 The Hirshs (R) 6.40 Squawkbox 7.30 Around and In (R) 7.55 Wild Greece (R) 8.30 Everybody Loves Raymond (R) 9.00 Fraser (R) 9.30 Come Dine with Me (R) 10.00 Come Dine with Me (R) 10.30 Come Dine with Me (R) 11.00 Come Dine with Me (R) 11.30 Come Dine with Me (R) 12.00 Channel 4 News Midday Summary 12.05 A Place in the Sun: Winter Sun (R) 1.05 Gok Cooks Chinese (R) 1.30 Fixer Cottage Rules (R) 1.55 Film Thunder Over Arizona (1956) 3.10 Countdown 4.00 Deal or No Deal: Grand Medal Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 Can You Trust Your Bank? Jon Snow Presents (R) 7.55 #thoughtful 8.00 Letterman Location Location 9.00 Undermyskin 10.00 Ruby Wax's Mad Confessions 11.00 Film A Running Jump (2012) 11.55 Random Acts 11.55 Embarrassing Bodies: Under the Skin (R) 12.30 Channel 4 Presents London 2012: Danielle Brown and Part III (R) 1.05 The Great White Shark 2.30 The Big C 3.00 Southland 3.45 St Elsewhere (R) 4.30 Deal or No Deal (R)

Channel 5
6.00 Milkshake 9.15 The Wright Stuff 11.00 Extra Slimming Tricks and Tailors (R) 12.10 5 News Lunchtime 12.15 Big Brother (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Mentalist (R) 3.15 Fern Generation Gap (2008) Comedy-Leage drama, starring Alex Black. 5.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 The Hole Inspector (R) 8 News Update 8.00 Half Built House 9 News 9.30 CSI: Crime Scene Investigation A gambler is shot dead at a casino. 10.00 Big Brother 11.00 Big Brother's Bit on the Side 12.00 Supercasino 3.00 Alaska (R) 1.00 SuperCasino 3.00 Nick's Quest. (R) 4.20 Wildest SOS (R) 4.00 Michelle's Wild Challenge (R)

Wednesday

BBC1
6.00 Breakfast 9.15 Pet Hunters (R) 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Cowboy Trap (R) 11.00 You've Been Scammed (R) BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.10 Escape to the Country (R) 3.00 World Olympic Dreams 3.30 Olympics 2012 8.00 BBC News Weather 9.30 Regional News 10.00 The One Show 10.30 Olympic Torch Relay BBC News Regional News 8.00 EastEnders 8.30 Bert and Dickie 10.00 BBC News 10.30 Regional News Weather 10.30 The National Lottery Olympic Dreams 10.45 News (Sat) Old News for You 11.15 EastEnders (R) National Lottery Update 1.10 Weatherview 1.15 Sign Zone Britain's Last Railways with Griff Rhys Jones (R) 2.15 Fake Britain (R) 2.30 Britain's Heritage Heroes (R) 3.30 Food Factory (R) 4.00 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 Beebies 11.30 Animal Park (R) 12.00 Film The Saint Sinners Beat (1939) Detective adventure starring George Sanders 1.00 Film The Saint Takes Over (1940) Adventure starring George Sanders 2.10 Weakest Link (R) 3.00 Show Me the Monet 3.40 The Hairy Bikers' Food Tour of Britain (R) 4.30 Fog in the Fl 5.15 Antiques Road Trip (R) 6.00 Eggheads (R) 6.30 Great British Railway Journeys (R) 7.00 Coast (R) 8.00 Restoration Home 9.00 Leaving Cheyne Pastures (R) 10.00 The Culture Show 10.30 Newsnight Weather 11.20 Film The Odyssey (2012) 11.00 The Bridge That Built London with Dan Cruickshank 12.00 BBC News 4.00 Close

ITV1
6.00 Daybreak 8.00 Lorraine 8.25 The Jeremy Kyle Show 10.30 The Morning. 12.30 Dr Do Lunch with Gino & Mel 1.30 ITV News Weather 1.55 Regional News Weather 2.00 Murder She Wrote (R) 3.00 Secret Dealers 3.55 Regional Weather 4.00 Messenger Murders. (R) 5.00 Tipping Point (R) 6.00 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 Britain's Got Talent 9.00 Emmerdale 9.30 Coronation Street Holden presents the final. Last in the series 10.15 ITV News Weather 10.45 Regional News Weather 10.50 Film A Cheerwork Orange (1971) 1.00 Judge Rinder ITV News Headlines 3.00 Film Analyze This (1999) 4.00 ITV Nightscreen.

Channel 4
5.30 Everybody Loves Raymond (R) 8.55 Fraser (R) 9.30 Come Dine with Me (R) 10.00 Come Dine with Me (R) 10.30 Come Dine with Me (R) 11.00 Come Dine with Me (R) 11.30 Come Dine with Me (R) 12.00 Channel 4 News Midday Summary 12.05 A Place in the Sun: Winter Sun (R) 1.05 Quick Roasts with Eric Lanlard (R) 1.25 Film The Black Knight (1954) 3.10 Countdown 4.00 Deal or No Deal: Grand Medal Deal 5.00 Four in a Bed 5.55 Come Dine with Me (R) 6.30 The Simpsons (R) 6.55 Hollyoaks 7.00 Channel 4 News 7.25 Can You Trust Your Bank? Jon Snow Presents (R) 7.55 #thoughtful 8.00 Beauty & the Beast Ugly Face of Prejudice. 9.00 Embarrassing Bodies 10.00 Jay Rishevsky: A Little Bit Rock (R) 11.00 Film Sweet Sixteen (2002) 12.10 Random Acts 12.15 Rank: In Case (R) 1.10 The Great Swim Serves (R) 2.25 KDTV Boxing Weekly 2.30 Sailing: America's Cup Destroyed. 3.00 Fifa Beach Volleyball 3.00 Canary Wharf Triathlon (R) 4.25 Formula 2012 (R)

Channel 5
6.00 Milkshake! 9.15 The Wright Stuff 11.10 Ultimate Police Interrogations (R) 12.10 5 News Lunchtime 12.15 Big Brother (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Mentalist (R) 3.15 Film Tales That Resist (2010) 5.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 The Hole Inspector (R) 8 News Update 8.00 Britain's Strangest Pets 9 News at 9.00 NCIS The team chases the get-to-get killer Lost in the snow. 10.00 Big Brother 11.00 Big Brother's Bit on the Side 12.00 Poker The Big Game 4.00 SuperCasino 3.00 Nick's Quest. (R)

Thursday

BBC1
6.00 Breakfast 9.15 Pet Hunters (R) 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Cowboy Trap (R) 11.00 You've Been Scammed (R) BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.15 Escape to the Country (R) 3.00 BBC News Weather Regional News 3.00 CBBC 5.00 London 2012 Countdown to the Olympics Countdown to the Olympics Sophie Raworth and Jake Humphrey look ahead to the opening ceremony 1.00 BBC News Weather 1.30 Regional News Weather 1.00 Bargain Hunt 2.10 Escape to the Country (R) 3.00 BBC News Weather Regional News 3.00 CBBC 5.00 London 2012 Countdown to the Olympics Sophie Raworth previews the Games ahead of tonight's ticket opening 8.00 BBC News Weather 8.30 Regional News Programmes Weather 7.00 Olympics 2012 Opening Ceremony Countdown BBC reporters capture the atmosphere in the run up to the opening 8.00 Olympics 2012 Opening Ceremony The ceremony ahead of 16 days of sporting competition 12.30 Weatherview 12.30 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 Beebies 11.30 Animal Park (R) 12.00 Film The Saint's Double Trouble (1940) Detective adventure with George Sanders and Bela Lugosi 1.30 To Buy or Not to Buy (R) 2.10 Weakest Link (R) 2.00 Show Me the Monet 3.00 The Hairy Bikers Food Tour of Britain (R) 4.30 Fog in the Fl 5.15 Antiques Road Trip (R) 6.00 Eggheads 6.30 Great British Railway Journeys (R) 7.00 Coast (R) 7.30 The Great British Story A People's History 8.30 Gardeners' World 9.00 Snowdonia - A Year in the Wild 10.00 BBC News Weather 10.30 Regional News Weather 11.00 National Lottery 100 UK Millionaires! 11.10 Film The Shopping News (2001) 12.00 Film Orphaned Seals (2006) 2.30 Close

ITV1
6.00 Daybreak 8.30 Lorraine 9.05 The Jeremy Kyle Show 10.30 The Morning. 12.30 Dr Do Lunch with Gino & Mel 1.30 ITV News Weather 1.55 Regional News Weather 2.00 Murder She Wrote (R) 3.00 Secret Dealers 3.55 Regional Weather 4.00 Messenger Murders. (R) 5.00 Tipping Point (R) 6.00 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 Britain's Got Talent 9.00 The Big Sports Quiz - Boys v Girls 10.00 ITV News at Ten, Weather 10.35 Regional News Weather 10.35 The Talent Show Story (R) 11.35 Britain's Got More Talent (R) 12.30 Judge Rinder 1.30 ITV News Headlines 3.00 What Are Your Kids Up To? Tonight. (R) 2.25 ITV Nightscreen 4.30 The Jeremy Kyle Show (R) 5.30 ITV Morning News

Channel 4
6.40 The Hirshs (R) 7.05 Squawkbox 7.25 According to Jim (R) 8.00 Will & Grace (R) 8.30 Everybody Loves Raymond (R) 9.00 Fraser (R) 9.30 Come Dine with Me (R) 10.00 Come Dine with Me (R) 10.30 Come Dine with Me (R) 11.00 Come Dine with Me (R) 11.30 Come Dine with Me (R) 12.00 Channel 4 News Midday Summary 12.05 A Place in the Sun: Winter Sun (R) 1.05 Quick Roasts with Eric Lanlard (R) 1.30 Fish Fix: Rules of Thumb (R) 1.55 Film Fast Men in the Mean (1964) 3.10 Countdown 4.00 Deal or No Deal: Grand Medal Deal 5.00 Four in a Bed 5.30 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 #thoughtful 8.00 Letterman Location Location 9.00 The Million Pound Drop 10.35 The Angels Eschewed Show 11.10 Friday Night Dinner (R) 11.40 New Girl 12.10 Random Acts 12.15 Film Mango at the Washing (2007) 1.55 My Name is Earl (R) 2.15 Career Diving Wallow (R) 2.20 The Million Pound Drop (R) 3.00 St Elsewhere (R) 4.25 Deal or No Deal: Grand Medal Deal (R) 5.20 Countdown (R)

Channel 5
6.00 Milkshake! 9.15 The Wright Stuff 11.10 Ultimate Police Interrogations (R) 12.10 5 News Lunchtime 12.15 Big Brother (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Mentalist (R) 2.15 Film The Wet Girl (2008) Drama starring Brian Austin Green 8.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Celebrity Builders (R) 8 News Update 8.00 Ice Road Truckers Deadliest Roads 9 News at 9.00 Big Brother Live Eviction 10.00 The Bachelor 11.00 Big Brother's Bit on the Side 12.00 SuperCasino 3.00 Motorsport Mundial 4.30 Michelle's Wild Challenge (R) 8.10 House Doctor (R)

Friday

BBC1
6.00 Breakfast 9.15 Pet Hunters (R) 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Cash in the Attic (R) 11.30 You've Been Scammed (R) 12.00 London 2012 Countdown to the Olympics Sophie Raworth and Jake Humphrey look ahead to the opening ceremony 1.00 BBC News Weather 1.30 Regional News Weather 1.00 Bargain Hunt 2.10 Escape to the Country (R) 3.00 BBC News Weather Regional News 3.00 CBBC 5.00 London 2012 Countdown to the Olympics Sophie Raworth previews the Games ahead of tonight's ticket opening 8.00 BBC News Weather 8.30 Regional News Programmes Weather 7.00 Olympics 2012 Opening Ceremony Countdown BBC reporters capture the atmosphere in the run up to the opening 8.00 Olympics 2012 Opening Ceremony The ceremony ahead of 16 days of sporting competition 12.30 Weatherview 12.30 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 Beebies 11.00 Animal Park (R) 12.25 Film The Saint's Double Trouble (1940) Detective adventure with George Sanders and Bela Lugosi 1.30 To Buy or Not to Buy (R) 2.10 Weakest Link (R) 2.00 Show Me the Monet 3.00 The Hairy Bikers Food Tour of Britain (R) 4.30 Fog in the Fl 5.15 Antiques Road Trip (R) 6.00 Eggheads 6.30 Great British Railway Journeys (R) 7.00 Coast (R) 7.30 The Great British Story A People's History 8.30 Gardeners' World 9.00 Snowdonia - A Year in the Wild 10.00 BBC News Weather 10.30 Regional News Weather 11.00 National Lottery 100 UK Millionaires! 11.10 Film The Shopping News (2001) 12.00 Film Orphaned Seals (2006) 2.30 Close

ITV1
6.00 Daybreak 8.30 Lorraine 9.05 The Jeremy Kyle Show 10.30 The Morning. 12.30 Dr Do Lunch with Gino & Mel 1.30 ITV News Weather 1.55 Regional News Weather 2.00 Murder She Wrote (R) 3.00 Secret Dealers 3.55 Regional Weather 4.00 Messenger Murders. (R) 5.00 Tipping Point (R) 6.00 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 Britain's Got Talent 9.00 The Big Sports Quiz - Boys v Girls 10.00 ITV News at Ten, Weather 10.35 Regional News Weather 10.35 The Talent Show Story (R) 11.35 Britain's Got More Talent (R) 12.30 Judge Rinder 1.30 ITV News Headlines 3.00 What Are Your Kids Up To? Tonight. (R) 2.25 ITV Nightscreen 4.30 The Jeremy Kyle Show (R) 5.30 ITV Morning News

Channel 4
6.40 The Hirshs (R) 7.05 Squawkbox 7.25 According to Jim (R) 8.00 Will & Grace (R) 8.30 Everybody Loves Raymond (R) 9.00 Fraser (R) 9.30 Come Dine with Me (R) 10.00 Come Dine with Me (R) 10.30 Come Dine with Me (R) 11.00 Come Dine with Me (R) 11.30 Come Dine with Me (R) 12.00 Channel 4 News Midday Summary 12.05 A Place in the Sun: Winter Sun (R) 1.05 Quick Roasts with Eric Lanlard (R) 1.30 Fish Fix: Rules of Thumb (R) 1.55 Film Fast Men in the Mean (1964) 3.10 Countdown 4.00 Deal or No Deal: Grand Medal Deal 5.00 Four in a Bed 5.30 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 #thoughtful 8.00 Letterman Location Location 9.00 The Million Pound Drop 10.35 The Angels Eschewed Show 11.10 Friday Night Dinner (R) 11.40 New Girl 12.10 Random Acts 12.15 Film Mango at the Washing (2007) 1.55 My Name is Earl (R) 2.15 Career Diving Wallow (R) 2.20 The Million Pound Drop (R) 3.00 St Elsewhere (R) 4.25 Deal or No Deal: Grand Medal Deal (R) 5.20 Countdown (R)

Channel 5
6.00 Milkshake! 9.15 The Wright Stuff 11.10 Ultimate Police Interrogations (R) 12.10 5 News Lunchtime 12.15 Big Brother (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Mentalist (R) 2.15 Film The Wet Girl (2008) Drama starring Brian Austin Green 8.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Celebrity Builders (R) 8 News Update 8.00 Ice Road Truckers Deadliest Roads 9 News at 9.00 Big Brother Live Eviction 10.00 The Bachelor 11.00 Big Brother's Bit on the Side 12.00 SuperCasino 3.00 Motorsport Mundial 4.30 Michelle's Wild Challenge (R) 8.10 House Doctor (R)

This week's crossword - Clues

Across

1 Salute (4)
6 After shave (2,4,4)
9 Differ (6)
10 Offhand (4)
12 Bear witness (6)
14 Zodiac sign (6)
15 Infuse (6)
17 Bell (6)
18 Bring up (4)
19 Interrogate (6)
21 Dawn (5-2-3)
22 Sleigh (4)

Down

2 Help (10)
3 Molten rock (4)
4 Red wine (6)
5 Purpose (6)
6 Enjoyment (6)
7 Remain (4)
11 Brawl (5-5)
13 Outer (8)
19 Strong drink (6)
17 Stable (6)
18 Gem (4)
20 Playthings (4)

Last week's solution

ACROSS 1 LEER 8 THERAPY 9 HABITUE 10 REALM 12 POSSESSION 15 SEDULOUSLY 18 FEAST 19 ETHEREAL 21 ENCLOSE 22 MIGHT

DOWN 1 DISHONESTY 2 GLOBE 3 FRET 4 STRESS 5 REPRISAL 6 SATANIC 11 MANIPULATE 13 OBLATION 14 ADVANCE 16 UNEVEN 17 DREGS 20 TAME

Food & Drink

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Subway In Schools' Chain In Early Talks To Open In UK School

THE Telegraph reports that Subway is in early talks with a U.K. school to open a lunch counter for students inside the building.

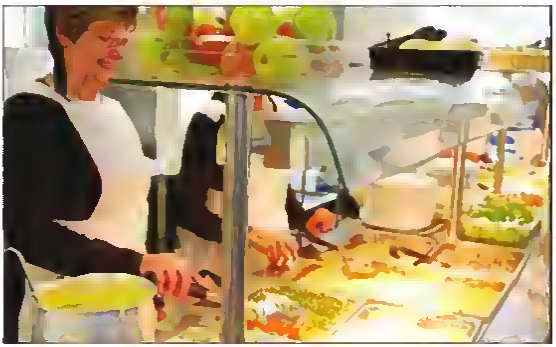
An administrator was inspired to speak to the chain after he realized that students were visiting a nearby Subway during lunch, according to the Daily Mail.

While a school might seem like a strange location for a Subway, Subway is known to have several unexpected locations. Last year, Nation's Restaurant News rounded up 10 non-traditional Subway locations which included a riverboat cruise, a hospital and a car wash.

And, in fact, there are other schools that currently serve Subway sandwiches. Last year, Subway made a deal with schools in Juneau, Alaska. Cold sandwiches are offered to students.

The U.K. is Subway's largest market outside of the U.S.

More children eating school dinners



MORE than three million children are now eating school dinners, as the numbers continue to soar, according to new figures.

An extra 107,000 pupils took up the meals in 2011/12, compared to the year before, data published by the Children's Food Trust reveals.

It is the fourth year running that the numbers of youngsters eating school lunches has risen.

In total, almost half of England's primary school pupils on average (46.3%) had school dinners this year, up 2.2% on 2010/11. In England's secondary schools, nearly two-fifths (39.8%) took up the meals on average, also up 2.2% on the year before.

It means that overall, the equivalent to almost 3.3 million pupils were eating school dinners this year.

As the number of pupils eating school meals has gone up, the price of a dinner has also risen. Youngsters are now paying an extra five pence on average for their lunch, according to the new figures based on a survey of local authorities, conducted by the Children's Food Trust. A meal now costs £1.98 on average, compared to £1.93 a year ago.

The poll shows that of the nearly 3.3 million youngsters eating school dinners, just over one million are on free school meals - a key measure of poverty. It also reveals that since 2008/09, almost half a million more children have switched from bringing packed lunches to school to eating school dinners.

Trust chairman Rob Rees said: "Our school canteens have the potential to be such powerhouses for children's health and their performance at school - as long as schools, cooks and caterers get the support they need to keep this progress going.

"If a child eats in their school dining room every day, that's hundreds of chances to help that child eat well - on top of the fact that simply by having a better meal inside them at lunchtime, children learn better in their afternoon lessons.

"With more of them eating school meals, it's more important than ever to make sure the food they get tastes good, gives them the nutrition they need and that they have an experience which makes them want to go back for more."

Dairy Crest sales rise 15% in 'challenging' market

DAIRY CREST, one of the UK's largest dairy processors, has reported total sales up 15% in the first quarter.

The company, which owns the Clover and Cathedral City brands, has trying to increase its profitability and is in the process of selling two dairies to reduce capacity.

From 1 August, Dairy Crest will pay farmers 1.65p less for a litre of milk.

The company made a net loss of £10.4m for the year to 31 March, against a profit of £77.8m a year ago.

Dairy Crest's overall trading in the first quarter has been challenging, especially in our dairies business", said chairman Anthony Fry in a statement.

However, we have taken decisive steps to return it to satisfactory level of profitability."

Mr Fry blamed the necessity for milk purchase cuts on "lower returns from commodity cream markets".

He accepted that these cuts had "put pressure on our supplying farmers", but said the company was "working with them on plans to reduce the impact of these cuts".

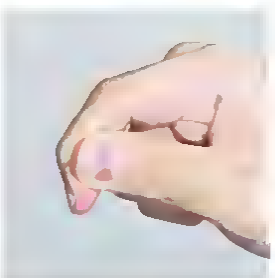
Total sales of its four UK brands - Cathedral City, Country Life, Clover and Frijj - have risen 15% in the first quarter, compared with the same period last year.

Dairy Crest said the imminent sale of its French spreads business St Hubert for £34.4m would "substantially reduce" its net debt.

The disposal forms part of a strategy to refocus on the UK.

Mr Fry also said the company was "on track" to meet its £20m efficiency savings target.

FBI probes 'needles in sandwiches'



THE FBI and police at Amsterdam's Schiphol Airport have opened a criminal investigation into how needles got into turkey sandwiches served to passengers on Delta Air Lines flights from Amsterdam to the United States.

Delta said what appear to be sewing needles were found in five sandwiches on Sunday. One passenger on a flight to Minneapolis was injured. The other needles were on two flights to Atlanta and one to Seattle.

Airport police spokesman Robert van Kapel said: "We are keeping all options open because at this moment we have no idea why somebody or something put needles inside the sandwiches or that is what we have to investigate."

The sandwiches were made in the Amsterdam kitchen of catering company Gate Gourmet. The company's listed address in the Netherlands is in the Schiphol area, where the Dutch capital's airport is based.

Gate Gourmet's website says the company handles more than three million airline flights each year. The company issued a statement, saying: "We take this matter very seriously, and we have launched our own full-scale investigation."

It also said it was "heightening our already stringent safety and security procedures, to prevent any recurrence". The company also said it is "treating this as a criminal act" and stressed it is "cooperating fully with investigations by local and federal authorities and by our customer".

Dutch authorities have no indication the incident is linked to terrorism and Mr Van Kapel said he had no information on whether there had been any blackmail threats made to the airline or catering company.

The FBI said its Atlanta office has opened a criminal investigation.

Passenger Jim Tonjes of Plymouth, Minnesota, told the Star Tribune newspaper that he felt a sharp poke in his mouth after biting into his sandwich.

"I figured it might be a toothpick," he said. But instead it was a one inch needle that had punctured the roof of his mouth. "It looked like a sewing needle but without an eye.... I was in shock," he told the newspaper. "I thought, Oh, my God. It's the last thing you expect in a sandwich."

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How to ward off a stroke

Denise Kelly

A FEW DAYS AGO I had a client come to my clinic wanting dietary advice to help her recover from a stroke. Sadly I am seeing many clients with these types of health issues, and my youngest yet is 30 years old. This kind of health scare is a major warning that all is not well, but one that is possible to avoid if you look after yourself and understand what happens to the body to cause a stroke. I think it's one of those things we all think is not going to happen to us. Well, it does, and we need to be careful how we live our lives in order to prevent illness. I always say prevention is far better than a cure!

Basically, a stroke is the third most common cause of death in the UK. It usually effects people from their 40's and upwards and is similar to a heart attack, except the brain is the target organ. The arteries carrying oxygen and vital nutrients to the brain become impended by atherosclerosis or arteriosclerosis (or both), causing arterial narrowing and the risk of blockage. If the brain is starved from oxygen for more than a couple of minutes corresponding brain damage will inevitably occur. Various parts of the body's motor coordination will be affected, depending on which artery is involved, and which parts of the brain are damaged. For some, such as the girl that came to see me, the damage is relatively minor, such as the temporary inability to move a limb, but for others the effects are devastating. This can be things such as paralysis to one side of the body, or worst case scenario immediate death. For some, partial or total recovery is possible, although this can take months or even years, because the affected nerve transmission is slow to repair.

So what causes some people to have a stroke? There are many causes such as genetic susceptibility, high fat diets, being overweight or obese, high blood pressure, raised cholesterol levels, lack of exercise and a sedentary lifestyle, and the aging process, but it is without a doubt proven that a healthy diet consisting mostly of fruits, vegetables, legumes, fish, and whole grains substantially lowers stroke risk in both men and women. Our normal "Western" diet, consisting of higher intakes of red and processed meats, refined grains, and sweets and desserts can increase the risk of stroke. However, higher intake of whole grain foods (about 3 servings per day) has been associated with reducing the risk of stroke, alongside a high intake of fibre rich foods such as fruits and vegetables. Examples of whole grain foods include brown rice, oatmeal, and whole wheat bread and pasta.

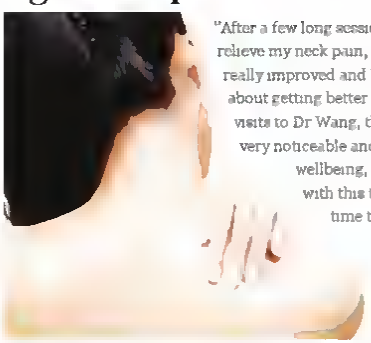
The Mediterranean diet is fantastic for improving vascular health and reducing stroke risk. The diet is called "Mediterranean" because it reflects the cultural dietary traditions of several countries surrounding the Mediterranean Sea, such as Greece and parts of Italy. People from these countries tend to eat large quantities of whole grains, fruits, nuts, vegetables, and fish, and fewer animal fats and proteins compared to us "Westerners." Oily fish helps to reduce the accumulation of arterial cholesterol, and vitamin E is essential to reduce platelet aggregation and lower blood pressure, as well as neutralizing free radical damage.

This kind of healthy diet may be even more important for stroke prevention than previously thought. The reason is that the immediate effects of certain healthy foods on your blood vessels are not usually considered in scientific studies. Much focus has been on reducing cholesterol levels through medication such a statins, since they can lower total cholesterol by 50%. While diet may not lower your fasting cholesterol by that much, there is increasing evidence that a healthy Mediterranean-style diet can eliminate the negative effects a poor diet has on your blood vessels when you are not fasting. These negative effects are immediate and result from oxidative stress, the chemical burden that foods high in saturated fat and low in vitamins and antioxidants place on the cells lining your blood vessels.

Changing your eating habits could save your life... it's as simple as that!

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel 01243 528040 www.denisekelly.co.uk

'What a pain in the neck! ...Until I gave acupuncture a try!'



"After a few long sessions at the hospital to relieve my neck pain, the condition never really improved and I felt disheartened about getting better. But after only seven visits to Dr Wang, the improvement was very noticeable and left me with a sense of wellbeing, at last! I will continue with this treatment for some time to keep it in check in the future. Thank you for all the help!"

Joan C (Bognor)

NECK PAIN is a common condition these days, but studies have shown that acupuncture can be effective at relieving certain types of neck pain, particularly degenerative neck disorders such as ankylosing spondylitis and cervical spondylosis. In many cases, acupuncture has helped patients whose condition couldn't be solved using conventional medical approaches.

Acupressure (the application of massage on specific points on the body), along with Chinese herbal medicine, is sometimes used in conjunction with acupuncture to treat neck pain, or for people who have a fear of needles. For more information about the types of treatments available, please visit www.atcm.co.uk.

Dr FengWang is an associate of the ATCM and has been practising has profession over 18 years. He has been volunteering at CancerWise in Chichester which has helped to improve the health of many people. He also has his own clinic in Chichester Town centre- Harmony Acutherapy Clinic, 4 the Chambers, 28Chapel street, Chichester PO19 1DL. Call **01243 537806** Free consultation, Free car parking.

Living near sea 'good for health'

PEOPLE living near the coast tend to be healthier than those who live inland, scientists have said.

A study published by the European Centre for Environment & Human Health at the University of Exeter's Peninsula College of Medicine says people are more likely to have good health the closer they live to the sea.

The analysis, taken from data compiled for the 2001 Census, also showed that the link between living near the coast and good health was strongest in the most economically deprived communities.

Study lead author Dr Ben Wheeler said: "We know that people usually have a good time when they go to the beach, but there is strikingly little evidence of how spending time at the coast can affect health and well-being. By analysing data for the whole population, our research suggests that there is a positive effect, although this type of study cannot prove cause and effect."

Researchers looked at the proportion of people who reported their health as being "good", rather than "fairly good" or "not good", and then compared this with how close those respondents lived to the coastline.

They also took into account the way that age, sex and a range of social and economic factors, such as education and income, vary across the country.

The results show that, on average, populations living by the sea report rates of good health more than similar populations living inland.

Previous research from the Devon-based academics had shown that the coastal environment also provided significant benefits in terms of stress reduction.

Researchers said one reason those living in coastal communities may attain better physical health could be due to the stress relief offered by spending time near the sea.

Dr Wheeler added: "We need to carry out more sophisticated studies to try to unravel the reasons that may explain the relationship we're seeing. If the evidence is there, it might help to provide governments with the guidance necessary to wisely and sustainably use our valuable coasts to help improve the health of the whole UK population."

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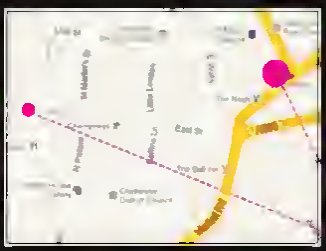

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Fashion

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Del Rey lands fashion role

LANA DEL REY has been revealed as the new face of H&M

The Video Games songstress has been chosen to front the autumn campaign for the high street brand, and will star in advertisements and a TV commercial in September.

The 26-year-old singer, whose real name is Lizzy Grant, will be performing her track Blue Velvet for the TV spot, which has been directed by filmmaker Johan Renck.

H&M were looking for a style icon and singer to model our fall collection and so Lana Del Rey was the perfect choice. H&M chose Lana, because she wears their autumn fashion in a very inspiring way," a spokesperson for the brand said.

It's the latest fashion coup for Lana, who has also signed a deal as a model with Next Model Management agency.

Royal trickery or tribute? Kate Middleton is latest photoshop victim

HOW did Marie Claire South Africa mag Kate Middleton for the cover of their latest issue of the magazine?

The truth is that they didn't. The image that appears on the cover is not the Duchess of Cambridge posing, but instead, the work of idle hands and Photoshop.

This clearly explains the eclectic wardrobe choice that raised the worlds eyebrows. Marie Claire's art department took Middleton's head and hands and plastered it onto a fashion model's body, and they're not shy about what they did. In fact, they're highlighting it as a "tribute."

"We were so inspired by her fairytale wedding and her life as a modern-day princess, which is why we elected Kate Middleton as our cover star for the August issue," editor, Aspasia Karras tells The Telegraph. "The cover is actually a hyper-real illustration of Kate, meant to be a fan art tribute to fashion's new royal icon."

This is the second high profile case of Kate being tampered with. After her Royal wedding in April 2011, she appeared in her famous wedding gown on the cover of Grazia magazine with a suspiciously thin waist - so thin that Grazia were eventually forced to admit that they had altered the image on photoshop. The image outraged health campaigners who said that the image was purposefully altered to make her appear slimmer, and as the Duchess was now a world famous fashion icon, it created an unrealistic ideal for admirers who may want to imitate her look and in turn could cause anorexia and body dysmorphia.

The fashion industry has for years battled with the concept of whether their high-end models are too skinny and recently campaigns fought to ensure a minimum weight in fashion shows and magazine spreads have made progress to insure that young girls aren't influenced by the images of size 0 women.

But is this image a step too far? It's one thing to touch up an image, but to completely fabricate an entirely new one, of a celebrity from other images, surely raises questions about the morality involved with photo re-touching and trickery.

Rihanna inspired for fashion launch

RIHANNA is set to create a fashion range for River Island.

The Talk That Talk singer, whose looks are photographed and copied by fans, has collaborated with the high street store to design a capsule collection for spring 2013.

"I've been wanting to design my own collection for some time. River Island is the perfect partner for me to collaborate with and working with a British, family run business also really appealed to me," she said.

"I find London really inspiring and River Island loves to have fun with clothes. I'm looking forward to working with them and creating something really special," the 24-year-old added.

Rihanna - who is rumoured to be taking a holiday with ex-boyfriend Drake - has branched out into fashion, as an executive producer on a new Sky Living TV show, Styled To Rock.

She will find the next big thing in fashion in the series alongside three celebrity mentors: Girls Aloud's Nicola Roberts, fashion designer Henry Holland and stylist Lysa Cooper.

Skinny jeans threaten manhood: study

SKINNY JEANS are squeezing sartorially adept males too tightly in a particularly sensitive area, new research shows.

British researchers warn that the garment - made popular by celebrities including Jude Law and Russell Brand - is responsible for the occurrence of health problems around the groin, The Daily Telegraph reports.

The skinny jean has been linked to infections including twisted testicles, bladder weakness, urinary tract infections, low sperm counts, and fungal irritations, the report said.

"I have seen several cases of men who have twisted their testicles due to wearing jeans that are far too tight," high profile British GP Hilary Jones told the Telegraph.

"Wearing tight-fitting clothing over a prolonged period of time can lead to urinary tract infections leading to overactivity of the bladder."

A study of 2000 British men revealed that one in 10 experienced an unpleasant side effect of wearing skinny jeans. Half reported groin discomfort, more than a quarter had bladder troubles, and one in five suffered a twisted testicle.

The latter condition occurs when tight trousers prevent the spermatic cord from moving freely, meaning it twists and possibly cuts off blood, requiring immediate surgery.

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Home & Garden

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Berries and currants

Whether it's thinning your gooseberries or trimming your strawberries here's Jo Golesworthy's guide to looking after your fruit garden this week

IF, LIKE ME, you are addicted to the taste of home grown strawberries, or passionate about making currant jellies to enjoy throughout the winter then this time of year in the garden is an absolute joy

> "Think of inventive ways to use the fruits. Drying, juicing, creating sauce or baking"

Here are a few things to do in your fruit garden to keep it going strong through out the autumn and winter

1. Keep picking. If you're planning on going away over the next few weeks rope in a chum to pick as much ripe fruit as they can, either for themselves of for your freezer

2. Trim your strawberries. Any old and dead leaves may carry disease and are completely useless to your strawberries now

3. Watch for bugs and beasties. Some are welcome, but some are not. Remove and deal with as you see fit

4. Blackcurrant: Prune as you pick. You can take smaller branches into the kitchen. This will keep the currant fresh for longer, and is very decorative too.

5. Snip off the strigs (name given to clusters of white and red currants). Store indoors either by freezing or making into jams.

6. Trim out any crossing branches in the middle of currant bushes. This will help circulation and create more light in the middle of the plant

7. Prune back summer fruiting raspberries to the ground. These will remain dormant until next years growing season.

8. Remove netting to allow the bugs back in. As the fruit slowly comes to the end allow some beasties back in

Think of inventive ways to use the fruits. Drying, juicing, creating sauce or baking. There are so many ways to make the most of these delicious and nutritious fruits. Get the kids to go out and pick them. Remember to wash before eating

Jo Golesworthy
Horticulturalist, gardener, writer and designer. If you have any queries, questions or quandaries related to gardening or are looking for someone to work in, or advise you on your garden do drop me an email at jgolesworthy@hotmail.com
Check out my new blog at www.theradiantgardener.wordpress.com

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ALDWICK **£525,000**

A detached family house situated approx. 200 yards from the local shops and around a quarter of a mile from the beach. The property has been remodelled and improved by the current owners. G.F.H., large entrance verandah, cloakrm, spacious 'L' shaped lounge/dining rm, kitchen/rm, dual aspect rear sitting rm with bi-fold doors opening to rear gdn, utility rm, master bedrm with en suite bathrm & terrace, three further bedrms, shower rm, gardens of approx one fifth of an acre including a Wisteria clad rear

ALDWICK BAY ESTATE **£1,400,000**

A stunning sea front residence situated in private roads on the Aldwick Bay Estate. The property has been made the subject of an extensive programme of remodelling, extension & refurbishment over the past year. The accommodation comprises an entrance hall, cloakrm, sitting rm, 31' open/plan drawing, kitchen/rm, utility, 1st floor lounge/BAR terrace, master bedroom dressing room with 6 ft access to sun terrace, 2 further en suite bedrms, study & kitchenette, two GF/F bedrms with en suite facilities, boathouse with shuttle rm, lift & access, garage, parking and garden BAR direct access to the beach.

FONTWELL **£[illegible],000**

An extensively refurbished and extended converted brick clad flint cottage situated Eastwards Chichester and Westerly, new gas c.h., wiring and plumbing, reception hall, triple aspect lounge and vaulted ceiling, conservatory, newly fitted kitchen rm, utility room/s, gr f bedrm and en suite, three further bedrooms, two bathrooms, drive and single garage, gardens of approx. 1/3 of an acre. Potential annexe, planning approval for ground floor master bedroom.

ALDWICK BAY ESTATE **£495,000**

An extended extended character house situated in the Aldwick Bay private estate approx. 400 yards from the private beach. The current owners have extended & reconfigured the property. G.F.H., u.P.V.C. double glazing, spacious dual aspect reception area partially open plan into a front sitting rm and rear kit/breakfasting rm, bifurcated st rm, utility rm, gr fl bedroom (currently used as a further reception rm) with en suite shower rm, master bedrm with dressing area & en suite shower rm, second bedrm, bathrm, small garage/store room and well screened gdns.

BOGNOR REGIS **£365,000**

A well presented detached house situated in a quiet road. G.Ch., u.P.V.C. double glazing, dual aspect lounge, dining room, good sized kitchen/breakfast room, cloakroom, four bedrooms, bathroom with separate w.c., large purpose built garage with workshop/hobby room and gardens surrounding 116' West facing rear garden.

ALDWICK **£325,000**

A three bedroom first floor apartment in development of six in walled gardens immediately adjacent to the beach, gas central heating, u.P.V.C. double glazed, carpets, cloakroom, lounge, dining room with library area, South facing balcony, kitchen, master bedroom with en suite bathroom and dressing area, second bathroom, garage. UNOBSTRUCTED SEA VIEWS.

NYETIMBER **£310,000**

A detached cottage situated approx half a mile from shopping facilities and beach. G.F.H. double glazing, dual aspect lounge, dining room opening to a sun room, kitchen, utility room with cloakroom, master bedroom with en suite shower room, second bedroom, bathroom, garage. South East facing rear garden, parking for four cars and a caravan on the frontage.

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Honda the choice of 007 for Skyfall

HONDA has announced its partnership with the upcoming James Bond film, Skyfall, and unveiled the actual Honda machines used in the film, at the National Motor Museum in Beaulieu.

Honda's CRF250R motorcycle proved to be the machine of choice by the 007film's action vehicles and stunt crew teams. These motorbikes were modified for the opening sequence of the 23rd James Bond film which was shot in Istanbul and Adana, Turkey earlier this year.

Twenty CRF250R machines were provided in total, to be adapted and 'dressed' appropriately into two native style motorbikes. One is a Turkish police bike that henchman, Patrice (Ola Rapace), seizes after a policeman crashes, the other is a Turkish merchant's bike that James Bond (Daniel Craig) uses to pursue Patrice through the streets. Both bikes feature extensive modifications courtesy of Chris Corbould's award winning Special Effects team.

Two CRF450R motorbikes were further chosen for use as HD camera filming machines, as only a motorbike could easily enable the camera crew to keep up with the chase scene and follow the various stunts.

Stunt Co-ordinator for Skyfall, Gary Powell, commented, "We needed a highly versatile and quality off-road motorbike that could be easily modified, without compromising performance or safety, for the opening sequence ofSkyfall. Honda's CRFs are probably the best off-roaders out there so it's great that we've been able to partner with Honda as the bikes, whilst heavily modified, were superb to work with."

Honda (UK) Corporate Communications Manager, Fiona Cole, said, "We're delighted to be a partner for Skyfall and are very much looking forward to seeing our Honda CRFs in action in the film and rolling out some great associated activities we've got planned from October when the film is released. We like to try and do things differently at Honda, including finding innovative, yet relevant ways to showcase our diverse products, whilst also really engaging with our customers. It's great to not only have Honda machines chosen as the choice of Bond, but also to be working with such a longstanding film franchise."

The Skyfall 'Police' and 'Street Merchant' bikes, alongside the unmodified and original Honda CRF250R, were unveiled today at the famous National Motor Museum in Beaulieu, which is currently hosting the BOND IN MOTION exhibition until 31 December 2012. The exhibition, the largest of its kind, celebrates 50 years of the James Bond films and showcases 50 of the best-loved and most

iconic Bond vehicles.

To mark the occasion, Honda (UK) is offering twenty pairs of tickets to the BOND IN MOTION exhibition at Beaulieu, to lucky winners who enter Honda's exclusive competition on its Twitter feed (@Honda_UK) before midnight on Sunday 22 July. Further activities surrounding Honda (UK)'s association with Skyfall will be announced over the coming months on honda.co.uk, Facebook/HondaCarsUK and Twitter @Honda_UK.

To see the versatile Honda CRF250Rs in action on screen and to enjoy the latest Bond adventure, head to see Skyfall in cinemas from 26 October.

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football

Albion in the Community kicks off 2012 summer football coaching programme to find future football stars

BRIGHTON & Hove Albion footballers Tommy Elphick and Sara Hinton are kick-starting a hunt for England's future stars and have recruited volunteers from American Express to take part in Albion in the Community's (AITC) summer football coaching programme, supported by the financial services company

The coaching initiative returns after a successful 2010/2011 season which saw 2,950 children take part and 35 American Express employees volunteer their time Tommy and Sara s visit to American Express offices marks the start of a recruitment drive to encourage employees to take part in the summer coaching programme, which begins on 23 July, in order to support the coaching delivery and enhance the overall experience for attendees

Women's and girls' football in England continues to go from strength to strength and this year, the programme is aiming to encourage more women and girls across Sussex to get involved in the sport, whether that's playing as part of a team, coaching, volunteering or refereeing.

"It was a fantastic idea to get American Express involved and it's an excellent way of getting kids into football, especially on the girls' side," said Sara Hinton. "It was great to be invited alongside a professional player."

This summer, coaching sessions will take place at 18 locations across Sussex including: Blatchington Mill, Hove; Dorothy Stringer, Brighton; Ratton School, Eastbourne; Blackland's School, Hastings; and Westergate Village Sports Centre, Chichester

"The summer football coaching programme is a fun and engaging way to get young people interested in sport, as well as learn valuable team working skills such as cooperation and sportsmanship," said Michael Edwards, Senior Vice President of American Express "This worthwhile initiative will be of long-term benefit to Sussex residents and we are delighted that 40 of our American Express employees have volunteered to support AITC coaches in the delivery of this important programme."

For more information and to get involved in the AITC football coaching sessions call 01273 878277.

Rugby

Beach Rugby comes to West Wittering

WITH MOST local rugby pitches underwater, the next logical place to try and get a fixture played must surely be the beach.

The recent Under 19 National Beach Rugby Tournament came to West Wittering for the fifth consecutive year, where Chichester College were trying to improve on last year's runner-up spot. With teams travelling from as far afield as Birmingham, the popularity of this format of the sport continues to grow with 15 teams competing for the crown.

The relatively new sport consists of a mixed squad of 10, competing with five players on the pitch at any time. There must be a combination of either three male and two female or three female and two male players on the pitch and teams are entitled to unlimited substitutions. The rules are similar to those of tag rugby where players are tackled by having their tag belt removed.

This year's competition was fiercely contested with all sides demonstrating good sportsmanship whilst vying for the title. Chichester College eventually battled their way through to the final where they faced Birmingham Met. The game was a closely fought encounter with Chichester eventually losing out in similar circumstances to last year's final, where they were beaten by a try in the dying seconds.

Despite the loss, the day was a great success and Chichester College would like to thank Chichester Rugby Club for organising another splendid event. Head of Chichester Rugby Academy, Mark Bonar, can't wait to try the tournament again. "We're already looking forward to next year where more teams are already looking to apply as word gets out about this fabulous end of year event. We were all impressed by the sportsmanship and positive attitude shown throughout."

Inset: Chichester College team with their coach Rob Laverne

Athletics

Record numbers turn out for Natures Way Foods Chichester Triathlon and Junior Aquathon

RECORD numbers turned out for the Natures Way Foods Chichester Triathlon and Junior Aquathon over the weekend (14 & 15 July).

On Saturday over 130 young people battled the elements to take part in the Junior Aquathon. This included a swimming race at Westgate Leisure Chichester, followed by a race around Chichester College's campus. The distance set for junior competitors was dependent upon their age.

On Sunday over 500 competitors took part in the Natures Way Foods Chichester Triathlon and Try-a-Tri events. The main triathlon consisted of a 900m pool swim at Westgate Leisure Chichester, a 42km (26 mile) cycle ride and a 10km (six mile) run. The Try-a-Tri sprint triathlon consisted of a 400m pool swim, 30k bike ride and a 5k run.

The female course record was smashed by Chichester Westgate Triathlon Club member Mary Campbell. The Chichester Westgate triathlon Club Club Championship Trophy winner was Gareth Dridge who finished 10th overall.

"We're so pleased that so many people took part in this year's event – and that lots of people came along to cheer them despite the horrid weather we had on Saturday," says Cllr Eileen Lintill, Cabinet Member for Leisure, Wellbeing, and Community Services at Chichester District Council.

"This year we had a record number of people taking part – some who may have been inspired by the Olympics starting in less than two weeks. Well done to everyone who took part!

"I'd also like to say a big thank you to all the volunteers who helped us with this event as it just wouldn't be possible without them."

Junior Aquathon results:
Tri Star Start – First male - Josh Fawcett
Tri Star Start – First female - Maddison Calvebert-Sharp
Tri Star 1– First male - Max Edgington
Tri Star 1 – First female - Lily De Lacy
Tri Star 2 – First male – Edward Taylor
Tri Star 2 – First female - Sophie Morton
Tri Star 3 – First male - Casey Keates
Tri Star 3 – First female - Rose Ellis
Tri Star 4 – First male – Jake Pillans
Tri Star 4 – First female – Emma Maynard

Tri-aTry results
1st male 60 – Howard Doe
1st male 55 – Stephen Dines
1st female 55 – Linda Eveiby
1st male 50 – Paul Davoille
1st female 50 – Angie Upson
1st male 45 – Andrew Soppitt

1st female 45 – Rosemary Millin
1st male 40 – Trevor Strowger
1st female 40 - Lisa Cochrane
Male Junior Under 20 – Cohan Tyler
2nd Female senior – Rose Hillary
1st Female senior – Michelle Rideout
2nd Male Senior – Mike Zollo
1st Male Senior – Harry Leleu

Triathlon results
1st male 60 – Bob Thomas
1st male 55 – Steve Gratton
1st female 55 – Margaret Hollamby
1st male 50 – Stephen Pike
1st female 50 – Sarah Matthews
1st male 45 – Peter Younghusband
1st female 45 – Nina French
1st male 40 – Karl Chandler
1st female 40 – Lucy Wells
Male Junior Under 20 – Alex Keane
3rd Female Senior – Nina French
2nd Female senior – Helen Nicholls
1st Female senior – Mary Campbell
3rd Male senior - Mark Davies
2nd Male Senior – Peter Younghusband
1st Male Senior – Phil Holland
1st Team – Its All about the Run (Stephen Hassler, James Woodward, James Baker)
1st Mixed team – Midhurst Rother College Teachers (Nicole Sexton, Michael Neville, Aaron Hancock)

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